

# PARANORMAL UNDERGROUND®

Volume 15, Issue 11

November 2022

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GHOSTS!

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ENTITIES

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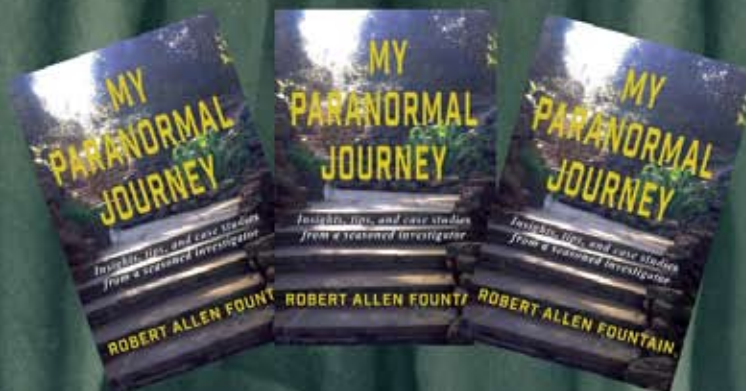
'THE MYSTERY OF TIME TRAVEL' — IS IT REALLY POSSIBLE?

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## BRIAN ALLAN

As a result of a very early close encounter with the otherworld, Brian has had an abiding interest in all kinds of paranormal and occult phenomena throughout his life. During the past 45 years, he has witnessed genuinely remarkable phenomena and has also met some truly remarkable and talented people.

Brian has written 12 books, all dealing with various aspects of the paranormal, and he is currently the editor of the international online publication *Phenomena Magazine*. He has also been privileged to receive Strange Phenomena Investigations prestigious Tartan Skull award for services to ufology and the paranormal in Scotland.

[phenomenamagazine.co.uk](http://phenomenamagazine.co.uk)



## CHERYL LYNN CARTER

Cheryl is a psychic medium, remote viewer, freelance journalist, and member of Project Psi, a team of psychic and forensic remote viewers responsible for rescuing missing children, assisting with shutting down human-trafficking rings, and closing cold case murders. To date, they have rescued 502 children, closed 18 cold cases, and assisted in shutting down 12 human-trafficking rings.

Having her first paranormal experience at a young age built the foundation for her becoming an explorer of high strangeness and a researcher. Her passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's Haunted Earth Para Documentary *A Haunting at Bachelors Grove*, which is one of the most haunted cemeteries in the Midwest.

She is a member of MUFON, CE-5, and an experimenter. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earth Quakes and UFOs*. She is an international author of several books, including *Dimensions: Mysterious Triangles of the U.S.* and coauthor of *Digging Into Skinwalker Ranch* and *Skinwalker Ranch: The Basin Files*.

[cheryllynnccarter.com](http://cheryllynnccarter.com)



## CHRISTINE DONNELLY

Christine lives in South Devon, England, and has had a lifelong interest in the paranormal. She is interested in the theories that surround the subject and people's perception of it. She has been the lead in her own paranormal team and also been a participant in many paranormal investigations in England and Northern Ireland.

Christine has also organized many Fright Nights and



Ghost Walks. Doing so has allowed her to broaden her knowledge and observe how people interact with their surroundings, particularly if they perceive them to be haunted. She has also studied certain aspects of parapsychology, giving her a more holistic approach to paranormal investigation.

She is the author of two books, *The Ghosts of Dartmouth* and *Secret Dartmouth*, which cover many interesting aspects of the famous town. Christine is always interested in reading any true paranormal accounts sent to her. If you've experienced any paranormal activity, you can share the experience with Christine at [ghostwriter979@gmail.com](mailto:ghostwriter979@gmail.com).

## KAREN FRAZIER

Karen is a psychic medium and author and cohost of the podcasts *Mindful Mystics* and *Paranormal Underground Radio*. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life*; *Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*; and *Avalanche of Spirits: The Ghosts of Wellington*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

[authorkarenfrazier.com](http://authorkarenfrazier.com)



## WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.



## CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Mindful Mystics* podcast, and producer of *Paranormal Underground Radio*.

She has more than 30 years of experience as a professional writer and editor and has written articles on topics ranging from advanced technology to paranormal phenomena.

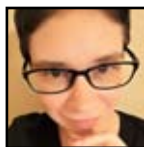
Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.  
[paranormalunderground.net](http://paranormalunderground.net)



#### MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



#### PHILIP MANTLE

Philip Mantle is a long-standing UFO researcher and author from the U.K. He was formerly the director of investigations for the British UFO Research Association and the MUFON Representative for England. He is the founder of Flying Disk Press.

[flyingdiskpress.com](http://flyingdiskpress.com)



#### ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.  
[sagegoddess.com](http://sagegoddess.com)



#### RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led

Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.  
[dimensionalwalking@gmail.com](mailto:dimensionalwalking@gmail.com)



#### PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

[cryptic916.com](http://cryptic916.com)



#### CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of [ParanormalUnderground.net](http://ParanormalUnderground.net).

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

[paranormalunderground.net](http://paranormalunderground.net) ♦



### Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at [paranormalunderground@live.com](mailto:paranormalunderground@live.com). Tell us about your experience, and we may publish it in a future issue.

We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc. Your submission can be anonymous!



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## **EDITORIAL**

### **PUBLISHER**

Chad Wilson

### **EDITOR-IN-CHIEF**

Cheryl Knight-Wilson  
[paranormalunderground@live.com](mailto:paranormalunderground@live.com)

### **NEWS EDITOR**

Morgan Lineberry

### **SCIENCE EDITOR**

J.D. Harrison

### **CONTRIBUTORS**

Brian Allan

Cheryl Lynn Carter

Christine Donnelly

Karen Frazier

Willie Windwalker Gibson

Dan Green

Philip Mantle

Athena Perrakis

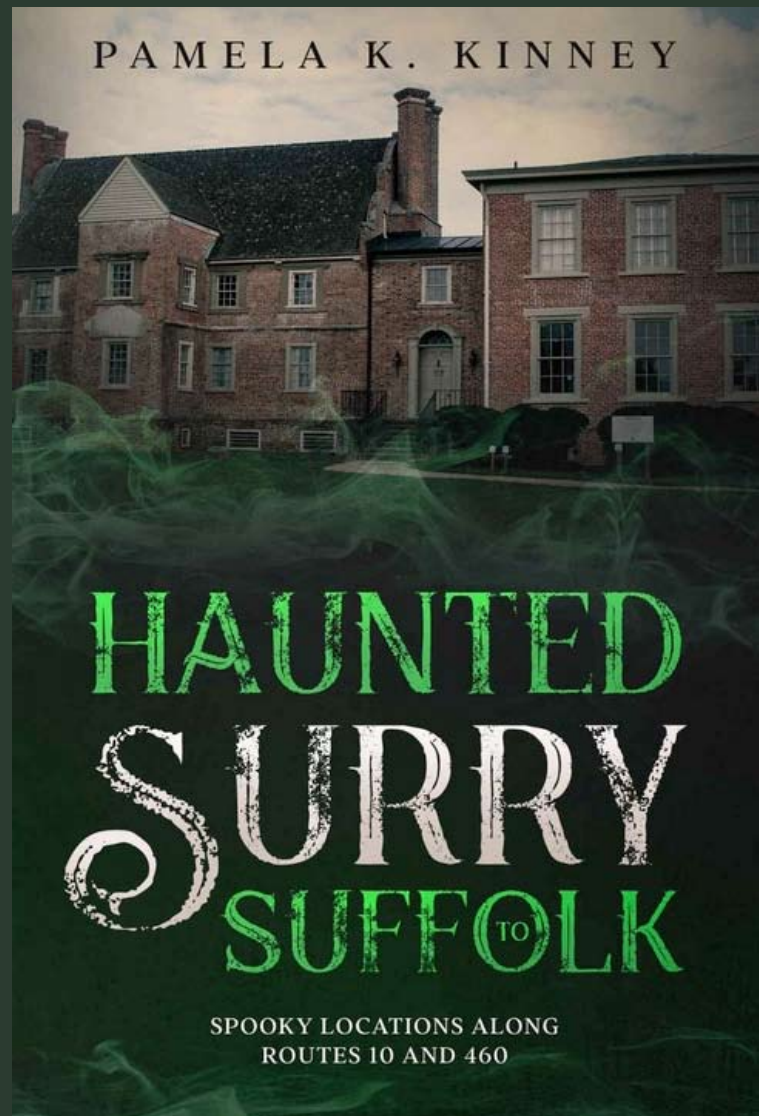
Rainbow Radaelli

Paul Dale Roberts

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[paranormalunderground@live.com](mailto:paranormalunderground@live.com)

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ART DIRECTOR

Chad Wilson

DESIGN AND LAYOUT

Cheryl Knight-Wilson

ON THE COVER

Amanda Quill of Coldspotters

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# GHOST MONK, NEW BIGFOOT FOOTAGE & LIFE ON MARS

BY MORGAN LINEBERRY

## GHOST MONK CAUGHT ON CAMERA AT ENGLISH INN

Paranormal researchers may have finally captured an evasive specter on camera at the Ye Olde Kings Head in Chester, England. The former brothel turned inn has a history of paranormal experiences.

“Cameras have now finally caught a shadowy figure known as ‘the monk,’ who evaded investigators for more than a decade – and in broad daylight too,” according to a report from the *Mirror’s* Hannah Dodd and Matthew Dresch. The figure is seen “turning before passing towards the window and disappearing into thin air.”

The team also recorded the sounds of footsteps and knocking, even though there was no one around to make the noises.



## BIGFOOT FOOTAGE EMERGES FROM UTAH

Several Bigfoot sightings have taken place recently in Utah. One story came from a couple who was hiking and was alerted to what they believe was a bigfoot after dogs began barking, according to Greg Jannetta of *Klix News Radio*.

Although the incident occurred at night, the moon was large enough to provide light and “the witness says the figure was walking before it disappeared behind a structure.”



The area has a history of sightings and has been investigated by the Bigfoot Field Researchers Organization. A YouTube video from Sept. 26, 2022, shows a separate sighting that appears to capture a large, bipedal figure walking behind some trees. You can watch the video [here](#).

## DID MARS HOST SUBTERRANEAN ALIEN LIFE?

In the search for proof of extraterrestrial life, Mars has always been a source of hope. It’s close enough to study and the most similar to Earth in our galaxy. There is new evidence that “Mars was ‘very likely’ habitable to life more than 3.7 billion years ago and may still be home to resilient organisms today,” according to a story by *Vice* writer Becky Ferreira.



Scientists have speculated that “biomass productivity could have been as high as in the early Earth’s ocean,” according to [a study published in Nature Astronomy](#).

Although this type of alien life isn’t the same as the grey aliens we all love reading about, it’s a huge finding in efforts to prove that if simple life can exist inside of Mars, then more complicated life forms could certainly exist somewhere in the Universe.





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**Cheryl Knight**  
*Editor-in-Chief  
Paranormal  
Underground*



**ChuckieG**  
*Psychic Medium  
& Healer*



**Karen Frazier**  
*Author, Psychic  
Medium & Healer*

**TUNE IN TODAY ON ITUNES, PODBEAN & MORE!**

## SPOOKY EVENTS CAUGHT IN FORMER FUNERAL PARLOR

Creepy video of paranormal occurrences has been captured in a former funeral parlor, which is currently “Britain’s most haunted shop,” as it has been dubbed, according to *Yahoo! Life*.

The owner of Barnsley Antiques Centre in South Yorkshire says “peculiar” things have happened since he opened the shop up in 2014, including a cabinet shattering on its own, objects falling from shelves without being touched, and a “mysterious floating mist in the air.”

Clearly, whatever is haunting the shop is not shy either, as many of these things happen on camera or even when many people are in the store. You can watch a video of paranormal occurrences at the store [here](#).



because of their speedy maneuvers and “their odd circular flight paths.” So far “no official investigations are known to have taken place.”

To make matters even stranger, radar controls do not seem to detect the objects, adding to the mystery of what they are. With so many sightings, the question isn’t are they real, but what are they?



## PCHUM BEN FESTIVAL FEEDS STARVING SPIRITS

If ghosts are hungry, you should feed them. At least that is what the people who attend the Pchum Ben Festival in Cambodia believe, according to Steven White of the *Mirror*.

Also known as the Khmer Festival, the event “occurs every year between September and October for 15 days during the 10th month of the Khmer lunar calendar.” During this time, locals believe that “the gates of Hell are flung open and hordes of hungry ghosts are free.”

Spirits that have served their time and learned their lessons are fed well and bring blessing to their families, while the spirits that return to hell hungry will continue their suffering and pass on bad luck to their families. ♦



## ‘RACETRACK UAPS’ REPORTED IN U.S. AIRSPACE

It seems that there has been a recent surge in Unidentified Aerial Phenomena (UAP), according to Micah Hanks and Chrissy Newton of *The Debrief*. “Pilots and crews from more than 15 commercial aircraft” have reported a “rash of incidents” spanning a seven-week period.

The objects are being called “Racetrack UAPs”



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# ‘THE MYSTERY OF TIME TRAVEL’

## Is it Really Possible?



By Cheryl Knight

Obaidur Rahman spent his childhood interested in extraterrestrials, UFOs, time travel, paranormal phenomena, and cryptozoology. He was fascinated with the unknown, and his fascination didn't stop when he entered the "real world" as an adult.

In fact, he has written many books about these "highly interesting and intellectually stimulating issues." His book titles include *Alchemy, Mysticism & Spirituality ... The Mystic Inferno* and *UFOs, Aliens, NASA and The Mysteries of the Cosmos*. And his latest book, *The Mystery of Time Travel*, which can be downloaded for free, delves into stories of time travel throughout history, understanding time travel, and much more.

Obaidur recently talked with *Paranormal Underground* magazine about his new book, why humans are fascinated with time travel, and if time travel is really possible.

\* \* \* \* \*

**Q: Tell us about yourself.**

**Obaidur:** I'm from Dhaka, Bangladesh. At the moment, I am a full-time writer, and so far, I have written seven books. Currently, I am working on two new books (both nonfiction).

**Q: Tell us about your new book, *The Mystery of Time Travel*.**

**Obaidur:** It basically tells the story of the spectacular journey of the phenomenon now known as time travel. In the book, I attempted to understand and enlighten readers about the facts and details concerning the possibility and the reality of time travel using easily understood scientific facts, available information, historical research, philosophy, and rational human understanding.

I present the material in the book in a very simple and easily comprehensible way. And with the aid of methodical

research and skillful presentation, I present various scientific, philosophical, and technical issues related to time travel in a fairly reasonable manner that, I think, definitely sheds light on the logical possibilities related to time travel.

**Q: What prompted you to write about this topic?**

**Obaidur:** Ever since I was a kid, I had an interest in this topic. Perhaps more than casual, it truly fascinated me. I think this time travel issue/mystery/phenomena, whatever you refer to it as, fascinates everyone. I always wondered what if we could actually travel back in time and into the future, how spectacular would that be!

Thanks to the many time travel movies, TV shows that I grew up watching, I gradually developed and continued to maintain a rational interest in the topic of time travel. As I began to write on various issues, I seriously began to ponder over the idea of time travel. And in that context, I maintained my thoughts on how interesting and adventurous would it be to travel through time and become a part of this surreal experience where through time travel, and consequently with the aid of a time machine, one could explore the different periods of time, both in the context of the past and the future.

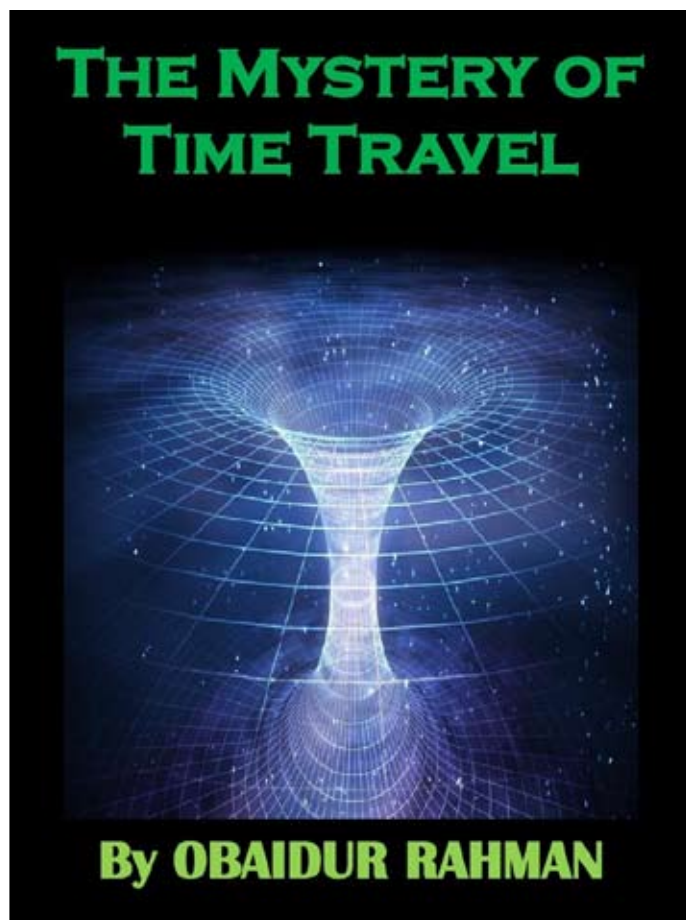
So, inspired by my lifelong interest and to better understand time travel — and to comprehend the complex issues such as this one, in the context of physics and philosophy — I began to do research. And, with that, I decided to write a book about time travel; precisely a book that is not purely scientific, but written and explained in such a way so that even a general reader would understand this issue and learn about the fascinating insights inside the scientific and philosophical world of time travel.

**Q: How did you originally become interested in topics like time travel, extraterrestrials, and mysticism?**

**Obaidur:** This also goes back to my childhood. I always had an interest in subject matters like extraterrestrials, UFOs, time travel, paranormal, cryptozoology, and so on. These topics fascinated me and, in fact, continue to fascinate me. I saw a lot of movies and read books (both fiction and nonfiction) about these topics, which only furthered my curiosity toward these mysterious realms.

When I started writing, I decided to understand these subjects from a rational and scientific point of view, and in the process, I began to write my books on these highly interesting and intellectually stimulating issues.

While I wasn't as interested in mysticism as a kid — compared to my interest in UFOs, aliens, time travel, and the paranormal — this came quite naturally to me. But these notions, thoughtfulness, and realizations about mysticism came to me without me properly and actually



**The Mystery of Time Travel book, which can be downloaded for free, delves into stories of time travel throughout history, understanding time travel, and much more.**

realizing it. And, I am very thankful that I developed this interest in mysticism along with the other subject matters.

**Q: Why do you think the idea of time travel is so appealing to many of us?**

**Obaidur:** We are generally interested in time itself. And time travel is perhaps simply an extension of it, which is also possibly driven by the human desire to control the very idea/event of time itself.

You see, the Human Race, as the most dominant species of this Earth, likes to control things that concern us, and time concerns all of us. And the desire or the ambition to time travel is a way for human beings to control the flow of time itself and establish the human authority over the event of time once and for all and with conviction — well not necessarily with absolute entirety, but to a significant extent none the less.

And, of course, via time travel, we could do a lot of things, most notably attempt to alter history, experience the past, explore the future, and so on. Frankly speaking, who doesn't want to go back in time to the past, as well as travel



to the future, all with the aid of some time machine and eagerly explore the realities and innovations of the different thresholds of time in their own respective context?

Regarding this human interest in time and time travel, and why the notion of time travel is so appealing to us, I've tried to explain in my book that time is a simple word, though it remains truly the most mysterious and vicious phenomena, where every living and non-living ones are its victim. This antediluvian force of nature shows no mercy as it moves along every path, every corner, sniffing over its wounded and marking victory over one after another.

Time mystifies us with the maze of moments and wraps up in the illusion that it will last forever. But, as one stares at the clock, we realize that time is creeping along. And with the fractured youth and battered adolescent, one finds her/himself feeble against the ultimate ambush of time. Tirelessly, we chase the days as we make it to the journey of life as we know it. The fixture of sunrise and sunset detonates the moments, and all familiarity seems like occasions held seconds ago. There is no escape. The mystic hands of the clock never greet one at the same spot twice.

But what if we could actually travel back in time and into the future? There has always been a great deal of interest in time travel. It has been the center of many science fiction plots. And, frankly, who wouldn't want to travel through time and aspire to a part of this surreal experience? Through time travel and consequently with the aid of a time machine, one can explore the different periods of time, both in the context of past and of the future. And in that way, one can somewhat overlook the existence that is traditionally allocated to him/her.

The idea of time travel has fascinated human beings for quite some time, from scientists to writers to artists. Everybody alike fancies the idea of time travel, pondering

about going back to the past, as well as taking a journey into the future, to ultimately unlock and master the mysteries of time itself.

### **Q: Is time travel really possible? If so, how?**

**Obaidur:** Time travel is an incredibly challenging task; there is no question about it. But, I believe that time travel is indeed possible. I think that with every new scientific growth and every new possibility, the likelihood of time travel grows even more possible.

Since the question is: Is time travel really possible? The plain answer is yes. As for how, to put it very simply, if someone can travel faster than the speed of light (light travels at 186,000 miles per second or 300,000 kilometers), then that person will be able to travel in time. And in that most precise way, time travel would become a definite reality. I explain this in detail in my book

Now, do we have the technology to time travel? I do not know. But I can confidently assume that scientists have been relentlessly researching and exploring a way to make time travel a reality. However, officially speaking, no specific answer or conclusive evidence has reached the public as yet in this regard. And, perhaps, one of the main reasons for this is the extreme secrecy of all research into time travel and time machines, which the Western countries generally maintain very seriously.

### **Q: What are some of the most compelling stories about time travel throughout history?**

**Obaidur:** Throughout human history, the theme of time travel can be found in various lands' mythology, culture, stories, religious texts, etc. For example, in ancient Japan, there

was the Urashima Taro incident, and then there was the story of King Raivata Kakudmi in Hindu mythology. Both of these stories reflect involuntary experiences with time travel.

There are also time travel references in the *Holy Quran* (Surah 18, verse 9–26), involving the cave of Al-Kahf, where it is said that a group of young Christian people, in 250 A.D., in their attempt to escape religious persecution for their Christian beliefs, retreated under God's guidance to a cave where God put them to sleep. They woke up 309 years later and discovered that everybody in that new time period shared the same religious belief as theirs.

Some even claim that there is a reference of time travel in the *Bible*. Erich von Däniken states that there is evidence of time travel found in the *Bible*, involving Abimelech and Jeremiah. One of Buddhism's sacred texts, *Pali Canon*, also mentions time moving at different paces. And on one occasion, one of the Buddha's chief disciples, Kumara Kassapa, explains that in the Heaven of the Thirty Three Devas (deities), time passes there at a different pace, where people live much longer: "In the period of our century; one hundred years, only a single day; twenty four hours would have passed for them."

And, there are many events, stories, and legends like these throughout human history. But one story that is contemporary and has a lot of modern-day scientific

connotations is the infamous Philadelphia Experiment, which is remarkable as well as scary. And another interesting case that is certainly of our time is the famous 1960 A.D. case of time travel where an Italian Roman Catholic Benedictine priest named Pellegrino Ernetti, who was the most famous exorcist in Venice with a degree in quantum physics, claimed that he had developed a machine that would enable someone to look into the past.

I have written about these incidents in considerable lengths in my book, along with other ones.

#### **Q: What don't people understand about time travel?**

**Obaidur:** How to build a perfect time machine ... I think that's what still puzzles scientists the most. It is quite likely that the theories concerning time travel have been worked out by physicists, but how to practically apply these ideas, theories, and hypothesis and turn the phenomenon of time travel into a reality is the ultimate challenge.

\* \* \* \* \*

To find out more about Obaidur Rahman, his new book "The Mystery of Time Travel," and Obaidur's other books, visit [independent.academia.edu/ObaidurRahman26](http://independent.academia.edu/ObaidurRahman26). ♦



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Rainbow and Michael discuss stories and accounts, getting into  
the mind of experiencers and abductees.

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# AMANDA QUILL: COLDSPOTTERS

## *Walking With Spirit*

By Cheryl Knight

Amanda Quill began investigating paranormal phenomena more than 25 years ago. Initially inspired by her own personal experiences that began when she was 14, she soon started obsessively researching all types of paranormal phenomena.

Growing up in Canada and Scotland, as well as her Cree heritage, helped shape Amanda's paranormal perspectives. Today, as the founder and lead investigator of Coldspotters - Paranormal Investigations & Events, based in Vancouver in British Columbia, Canada, she aims to create connection, mentorship, and knowledge sharing in the paranormal field.

Amanda recently talked with *Paranormal Underground* magazine about her own paranormal experiences, Coldspotters' investigative methods, Indigenous people's views on ghost hunting, and more!

\* \* \* \* \*

**Q: Please tell us a little about yourself, both personally and professionally.**

**Amanda:** I've researched the paranormal for over 25 years. I am Cree, from the Sapotaweyak Cree Nation. By trade I am a project manager.

Growing up in Scotland gave me my first look at haunts, history and lore. It was said to me that if your home didn't have a ghost, then it's got no spirit! Once I moved back to Canada, I really started to question my own identity as an Indigenous person and how powerfully I felt connected to energy and memories that were not familiar.

Being a part of the Sixties Scoop, I was a survivor of the system and had no family ties. It was scary and lonely. I had no knowledge of who I was. Something was calling out for me, but I felt disconnected. I used my search for answers in life to gain an understanding about the afterlife. Helping other people who felt lost or scared helped me tenfold.



Paranormal investigator Amanda Quill has spent more than 25 years investigating paranormal phenomena. She co-founded the Coldspotters team after recognizing that the community needed "a safe platform with no boundaries or application process, a place where we try to help each other."

**Q: When did you first experience the paranormal, and what led you to forming a paranormal investigative team?**

**Amanda:** My journey started, and eventually will end, with a ghost story. I was 14 and living in a group home in East Vancouver when I had my first encounter. It was overwhelming. There were eight girls aged 13 to 16 living in the home, which introduced a poltergeist.

All the girls were going through some rough times and emotional trauma. Books would be tossed off shelves by invisible hands, crown molding popped out of 100-year-old ceilings, plates and cups were thrown from kitchen cupboards, and scratches appeared on walls. We weren't responsible for any of this, but the staff placed the blame squarely on us.

Windows would break from the inside from areas we had no access to. It was hectic at times and very emotionally charged. It was the only time I've ever encountered such activity.

I was obsessed immediately. I'd go into libraries and, with the Dewey Decimal System, obsessively search up anything I could find and make weird lists of the ghosts, specters, and phantoms I hadn't studied yet — and another list of terminology I would learn along the way.

I had been investigating on my own across Canada for over 17 years but found that as a result of the popularity of shows like *Ghost Hunters*, the doors started closing. Every time I'd inquire about investigating, people wanted to know what group I was in. No affiliation — no investigation. I had team leads tell me I had to jump through hoops they didn't understand. Coldspotters was founded for just that reason.

**Q: Talk about your paranormal group and its mission.**

**Amanda:** Coldspotters was founded in Vancouver BC in 2012. Our team quickly grew into a close-knit network of investigators, researchers, and enthusiasts. Coldspotters branched out in 2020 with teams throughout the U.S. and internationally.

Robb Demarest (from *GHI*) and I co-founded the team. We are the bossy ones! We are extremely lucky to have renowned investigators, published authors, tech gurus, inventors, families, and one mysterious guy who rolls his RRRRRRs. Truly inspirational and amazing members worldwide. We are so grateful to have the people we do. It's the guts that make things work!

We simply explore the unknown and create a safe place for all things paranormal. Our primary mission is connection and building an international network. We



**Coldspotters has investigated all types of locations, including jails, prisons, cars, trains, hospitals, court houses, graveyards, schools, bathrooms, roller coasters, basements, rooftops, mines, and mills ... and even a Chuck E. Cheese!**

recognize the need for a safe platform with no boundaries or application process, a place where we try to help each other.

To date, Coldspotters has over 25 teams in North America, four international teams, thousands of members, and enough collective energy to keep on growing. Though the team has grown quickly, our aim remains to create connection, mentorship, and knowledge sharing, as without experimentation and help, we just spin our wheels. We are already a fringe society, so no need to make it worse with drama and politics. Friendship, cooperation, and mutual respect is what motivates us to a common goal.

**Q: What interests you most about the paranormal?**

**Amanda:** All the rabbit holes! I am drawn in by different perceptions of one encounter, our beliefs systems, or things that will motivate an experience or reaction. The human element of ghosts and hauntings — how we interact, communicate, behave, inspire, or even manipulate situations — as well as trends and how they influence or deceive.

I'm also mildly obsessed with sound theory, the movement of sound and even light as an energy.



Amanda considers herself an “audio nut” and always takes quite a few recorders on each investigation, including the DR60 and Zoom H4N. Cameras are also important, as well as “good night vision ... when Squatching.”

**Q: What different types of locations has your team investigated?**

**Amanda:** We are not picky with locations. We have been everywhere and investigated some interesting corners: jails, prisons, cars, trains, hospitals, court houses, graveyards, schools, bathrooms, roller coasters, basements, rooftops, mines, and mills.

Oh, and even a Chuck E. Cheese!

**Q: What equipment do you usually take with you on an investigation?**

**Amanda:** I’m an audio nut! So, all the audio. We have a billion recorders. I love the DR60 and Zoom H4N; they are my two always-haves. And a few damn good cameras. A good night vision is a must when Squatching.

**Q: What methods do you use during investigations?**

**Amanda:** This might sound nuts, but I need to talk to a building before I have a clear direction on investigations. I feel the walls, surroundings, and then recognize the land. It helps me focus and helps ground me.

So many amazing phenomena is missed because we forget the land.

**Q: What is the most important part of a paranormal investigation?**

**Amanda:** Intent — why are you there, honestly? I ask my investigators that often. It is interesting to see the fluctuations of answers, both predictable and not. It gives me a peek into the future — good intentions, good investigation.

**Q: What cases will you remember the most and why?**

**Amanda:** I miss all the early days, before we were all a bunch of air bands posing for our album covers. So seriously mistaken we are.

**Q: What is the most compelling evidence of the paranormal that you or your team has captured?**

**Amanda:** We have a few compelling pieces that are meaningful to us. We have a video caught on our DVR of a man and child peeking out at us, which is awesome.

**Q: Talk about common misconceptions about the paranormal field that you’ve encountered?**

**Amanda:** Indian burial ground! Arrrg! Please stop! I am very passionate about clarifying these myths — it’s hooey! Vengeful bones of my ancestors rising up to curse all of suburbia is a hook, and a lazy one at that. It’s disrespectful garbage and honestly doesn’t fit our culture or traditions.

Mother Earth is so very sacred. We would never sully land with anger or curses. Also, this belief is everywhere on Turtle Island, yet no research into the different customs or ceremonies of each unique nation has been done.

I get told weekly that someone told a homeowner that their land used to be a burial site. Well, the unceded territory we stand on, these traditional people never buried their loved ones. We have very specific ways of grounding in the spirit world — and rising. We don’t bury our spirits. We are not evil or spiteful, and this narrative is ignorant, to put it mildly.

**Q: Whose work in the paranormal field do you respect the most and why?**

**Amanda:** The storytellers — the work that is put into keeping these stories alive. Also, knowledge keepers and the ones who fuel the curiosity of all who come along.

**Q: What's most important to know about Indigenous people's views on ghost hunting?**

**Amanda:** I struggled to find my place in both worlds. The common thought is all native people are psychic — not kidding, people have said this to me. Very ill conceived. Our traditions have been packed, horribly I may add, into a New-Age store.

The fact is this is not an easy path. It's complicated, and it's a lifelong journey of ceremony, traditions, dreaming, and sacrifice. I walk with Spirit, and it took a long time to gain that responsibility.

Our ways are sacred and lessons you learn through work and commitment. We are torn people, generationally, and we are healing, living, and dying, private and guarded.

I haven't even spoken to Robb about this part of me. It matters now more than ever for our survival to keep our traditions as ours. What I can say is, I am where I'm supposed to be, and my ancestors have got my back. So,

*"Once you learn a thing or two, share it all. And don't take yourself too seriously!"*

with Spirit, I grow, learn, and walk. She who dreams of spirit. And, no, I'm not a shaman!

**Q: What locations do you have on your wish list to investigate?**

**Amanda:** Interestingly enough, I have dreamt of the same location for years, and it is terrifying. I know one day I will turn a corner and there it will be, but until then, I'm good. So, I'd say Japan! So many Kappas, so little time.

**Q: What words of wisdom would you offer beginner paranormal investigators?**

**Amanda:** Don't become the wisest! Keep learning! The wisest mind has yet to learn.

Read everything, investigate everything, ask questions, and stop watching TV shows. Once you learn a thing or two, share it all. And don't take yourself too seriously. This field is way too fascinating to waste it being solemn. Have fun!

\* \* \* \* \*

For more information about Amanda Quill and Coldspotters, visit [coldspotters.ca](http://coldspotters.ca), [facebook.com/ColdspottersYVR](https://facebook.com/ColdspottersYVR), [instagram.com/coldspotters](https://instagram.com/coldspotters), and [facebook.com/amanda.haupt1](https://facebook.com/amanda.haupt1). ♦

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# PLAGUE GHOSTS

By Brian Allan

The horrors of plagues, both ancient and modern, and how they were dealt with in various places was markedly different, especially in relation to what happened to the bodies of those who unfortunately died. Two examples are set out in this article. One is in the U.S., and the other is in Scotland.

## The Island of the Dead

The area of the U.S. we will look at is New York City and how it dealt with those who died as a result of the COVID-19 pandemic, when there was no family to claim their remains or if they simply could not afford the cost of a funeral.

This was usually done as cheaply as possible in some version of a communal “potter’s field.” These places are cemeteries for the poor or homeless, and in the case of New York City, this is Hart Island. It has been calculated that over the years, in excess of a million people have been buried there, many of them in mass graves.

There are so many corpses there that bones gradually find their way to the surface and are reinterred. This occurrence is not uncommon in places where large numbers of burials have taken place in a relatively small space, and over the years, bodies were literally piled one on top of the other.

Hart Island, which is located at the western end of Long Island Sound in northeast Bronx in New York City, was originally purchased from the Native Americans in 1654 by English physician Thomas Pell, whose name became immortalized in the Pelham Islands archipelago. The island was eventually sold to New York City in 1869. It is also colloquially referred to as the “Island of the Dead.” And due to its generally creepy and unsettling feel, a movie called *Island of the Dead* was filmed there.

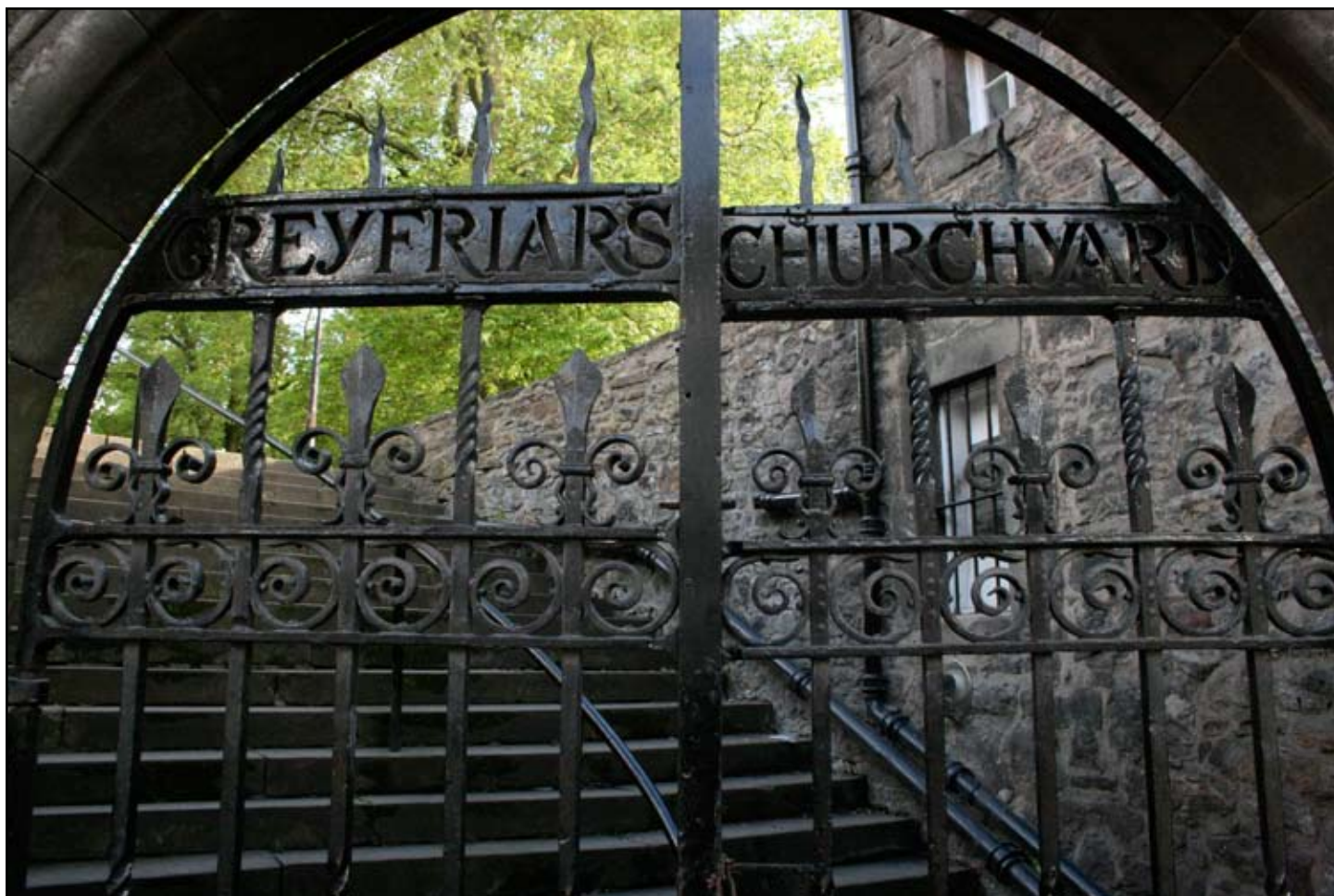
Because of its relative isolation, the Island has served a variety of purposes. One of its first practical uses was in 1864, when it was used to train what were formerly known as United States Colored Troops battalions. During the



**Hart Island in New York City is rife with paranormal activity. Reports range from sudden feelings of severe nausea and intense cold spots to claims of individuals being physically pushed to the ground. (Photo: [New-York Historical Society](#))**

American Civil War, it was used as a prison-of-war camp. Over 3,000 captured Confederate soldiers were imprisoned there, 235 of whom died and were buried there. A women’s psychiatric hospital, called “The Pavilion”; a prison; and a tuberculosis sanatorium were also constructed on the island. During the Cold War, a battery of Nike-guided missiles was even located there for a while.

Many of the historic buildings, however, are now being torn down to create more space for burials. The only formal access to the island is via a single ferry every month, which is how the unclaimed corpses, which are



**Paranormal attacks at Greyfriars Churchyard in Scotland have involved people being pushed, bumped, and sometimes hurled to the ground. And, in some cases, the victims were reportedly knocked unconscious.**

stored in various city mortuaries, are brought there along with the undertakers and the gravediggers, many of whom are convicts from nearby Rikers Island prison.

Until 2019, family members who wished to visit the island to see where their relatives lay had to book a visit with the Department of Corrections. However, the island is now in the care of the New York City Department of Parks and Recreation. Although, in the case of Hart Island, it is hard to see exactly where the recreation comes into it.

### **The Ghosts of Hart Island**

Given its chequered and mostly unpleasant history, it is not surprising that there are many accounts of ghosts being seen here. Most of these accounts have been reported in two locations; one is on the site of the original prison, and the other is where the asylum once stood.

The reports range from sudden feelings of severe nausea and intense cold spots to claims of individuals being physically pushed to the ground. Another commonly reported phenomenon that encompasses the entire island is the sensation of being watched and of someone stand-

ing right next to you, especially in the ruined buildings with no one else present.

The apparitions encountered here take the form of figures being seen in the mists that, given its mid-river location, are common in the early morning. If anyone approaches the ghostly figures, they just melt back into the mist.

Stranger still is the curious fact that it is not so much the experiences people have while on the island but what happens after they leave. There are reports of people having particularly powerful dreams about the island as it was when it was still in use, especially the often-brutal forms of treatment used in the asylum.

### **The Ghosts of Scotland's Greyfriars Churchyard**

The unsettling phenomena experienced at Hart Island finds a strange resonance with what has often been reported by visitors to another burial ground, this time thousands of miles away in Edinburgh, Scotland, at the much older location of Greyfriars Churchyard, which dates from around 1621. This cemetery contains the last remains of victims of the many assorted diseases that rav-



aged the overcrowded and frequently filthy towns and cities in the British Isles, and Edinburgh was no exception.

As with Hart Island, Greyfriars and the adjoining Covenanters' Prison contain many more bodies than they were originally designed for. And like Hart Island, the bones of the deceased often gradually percolate to the surface. The paranormal activity reported at Greyfriars is not a recent event, because the churchyard has been the scene of various kinds of psychic phenomena over several centuries, some of them witnessed by more than one person.

Perhaps the name Covenanters' Prison gives a slightly misleading picture of the area, conjuring up the impression of a vast, gloomy edifice. In fact, the "prison" is a long, open, narrow, rectangular area adjoining Greyfriars churchyard. And although slightly smaller than it was previously, it is still around 90 meters long and perhaps 12 meters wide.

Historically, the term "covenanter" applied to Scots Presbyterians, who rejected the ecclesiastical modernizations of King Charles I of England. This took the English Episcopalian view that various changes in religious

practice should be imposed within the Scottish Protestant church and a hierarchy of bishops should govern it. Following the restoration of the monarchy in 1660, due to their religious/political stance, the Covenanters began a period of martyrdom.

The crown declared the Covenant illegal, and for the next 25 years, the signatories suffered brutal persecution. Attempts to restore their religious beliefs resulted in three rebellions in 1666, 1679, and 1685, all of which were viciously suppressed. The prison itself dates from 1679, when some 1,200 Covenanters were imprisoned within the churchyard awaiting trial.

### Psychic Attacks at Greyfriars

In common with the psychic attacks experienced at Hart Island, the attacks at Greyfriars have also involved people being pushed, bumped, and sometimes hurled to the ground. And, in some cases, the victims were knocked unconscious. The alleged assaults are frequently attributed to the restless, malevolent spirit of a ruthless 17th century Lord Advocate, George Mackenzie, also known as "Bloody Mackenzie," whose earthly remains lie within a vault just outside the black wrought-iron gates of the Covenanters' Prison. Known as a hanging judge, Mackenzie's fearsome reputation was richly deserved, and he took particular delight in consigning dozens of Covenanters to the gallows.

As is often the case in situations such as this, expectations can run high at the prospect of gleaning some scrap of evidence, some shred of proof one way or another concerning the afterlife. Unfortunately, this is not always the case, as the spiritual aspect is usually the most difficult to quantify since we must rely almost entirely on the subjective impressions of the mediums involved.

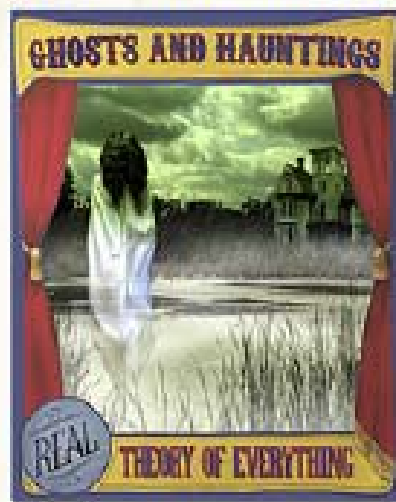
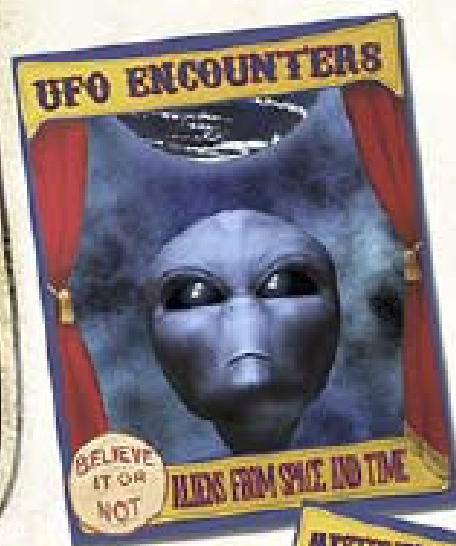
It is sometimes possible that mediums can amplify what they perceive as spirit energy and allow us to interface with it. This, although a remarkable and quite unique sensation, is still subjective and open to various interpretations and limitations. However, as with many claims of paranormal or supernatural events, including actual assaults by ghosts, in the main all the claims are hearsay and until there is absolute proof, they must be treated as such.

It does not matter how sincere the victim or witness may be; when it comes to what constitutes acceptable proof that these events take place, the jury is still out. But the truth is that if claims such as these keep surfacing and the public still has an interest, perhaps one day we will find an answer. God knows it's a long time coming!

*For more on this and other paranormal topics, check out the newly published "Book of Secrets: Aliens, Ghosts and Ancient Mysteries," by Brian Allan. ♦*

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# SWITZERLAND'S HAUNTED CHÂTEAU DE CHILLON

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS



**Château de Chillon in Switzerland is said to house several menacing ghosts, including “The Breaker” and “The Man in Rags.”**

One of the main reasons why I joined the Army was to see the world. When I was stationed in Nurnberg, Germany, there were so many nearby countries to visit, and I was able to see these countries on cheap military discounts.

One of the places that was on my bucket list was to see the Château de Chillon in Switzerland. This gorgeous fortress, built on the island of Chillon, was built as a strategic military site since the time of the Romans. It was used as a Roman outpost, and in the 9th century, a Roman tower was built at the fortress.

The Romans knew the value of the fortress, because it overlooked the important Saint Bernard Pass, which could take you to Germany and France from the North and Italy to the South. Many battles were fought at this outpost.

While the fortress is beautiful to behold, it has a very dark past. Some of the residents who lived in the

château included Thomas I of Savoy and Charles III of Savoy. At one point in history, it was used as a prison. And within the dungeons, there were many hangings of political foes.

In 1342, the area was inflicted with the Black Death, which came with widespread death. And in 1382, a very cruel and vicious tyrant lived at the fortress. His name was Sir Raoul de Monthenard, and he was nicknamed “The Breaker.” He was so evil that he kidnapped a married woman named Erdelinde and discovered she had a baby with her husband. Monthenard was so furious that he threw the baby out of the chapel window into the lake below.

Erdelinde was in shock and jumped out of the chapel window to save the baby, but while doing so she dropped into the lake and drowned along with the baby. The deaths at the fortress didn’t end there. On Sept. 26, 1613, 27 “witches” were executed there.

When I visited the château in 1975, I took a tour of the location. I learned about the history of the site, and I, of course, asked about the “haunts.” According to the tour guide, he had heard screaming coming out of the fortress late at night.

Other locals have heard blood-curdling screaming from the site as well. Locals and tourists have claimed that they have seen Erdelinde’s ghost walking near the lake and actually in the lake looking for her baby. The tour guide said he once heard a woman crying at the lake. When he went to the area where he heard the crying, it stopped and he couldn’t find anyone in the area.

Sir Raoul de Monthenard is sometimes seen roaming the hallways. A tourist became terrified when spotting Monthenard’s ghost, because he had a maniacal look and warped evil smile on his face.

Locals and tourists have told the tour guide that they have been touched and heard strange whispers and heavy footsteps throughout the fortress. One female tourist claimed she was pushed into a wall, and a male tourist claimed his beard was yanked violently by an unseen force. Moaning has been heard in the dungeons, as well.

The tour guide said there was another ghost that he actually encountered, called “The Man in Rags.” This spirit came out of a wall, and his clothes were literally in rags. The tour guide said the spirit had his mouth wide



Inside the dungeons at Château de Chillon.

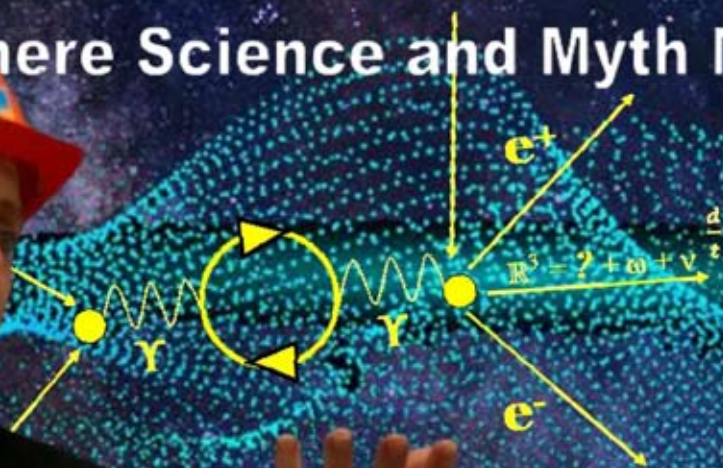
open with saliva dripping from it, and there was blood everywhere on his body. The tour guide said when he saw this apparition, he almost quit. The apparition appeared only once and for a short time. The tour guide said a maintenance worker once encountered The Man in Rags and quit his job immediately.

When I was walking around the fortress, I didn’t run into any ghosts. But I did have a feeling of dread. I am not a psychic, but I felt the negativity in the air, as well as a depressive heaviness in various areas of the château. Toward the dungeon area, it felt extremely sad.

I felt relieved when the tour ended and I was finally back outside! ♦

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# MYSTERIOUS MARKS: THE CASE OF ENDRE JIGER

By Philip Mantle, Flying Disk Press

**I**t was 1980 when I first began my involvement in UFO research and investigation. In my very early days with the Yorkshire UFO Society (YUFOS), one of the tasks I was given was to liaise with other UFO groups around the world.

In those days, such liaison was usually done in writing and the occasional phone call. This was all long before the internet and emails. Ever since those very early days, I have continued to communicate with UFO groups and individuals around the world and, of course, exchanged a great deal of information.

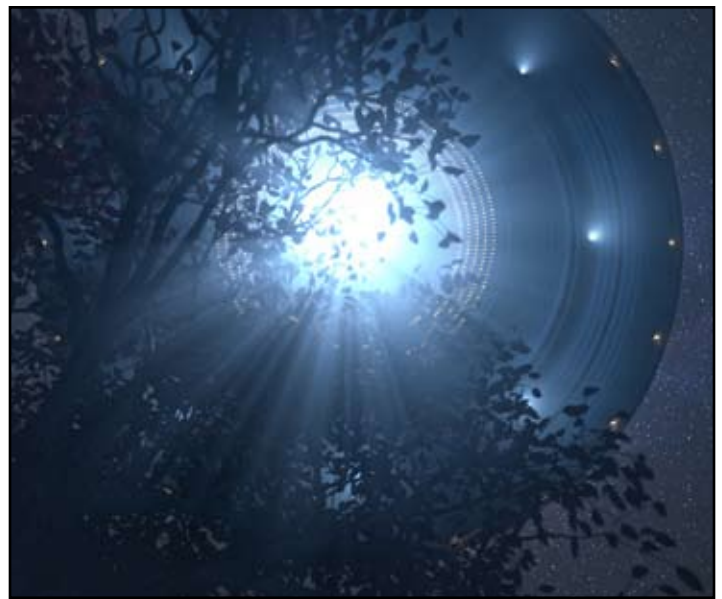
While looking through some of my old paper files recently, I came across a long-forgotten letter and exchange of information from a UFO group in Romania called the Natura Foundation. The letter was dated March 19, 1995, and was signed by Peter Istvan.

Peter and I had exchanged some information on abduction cases, and I was curious to see what type of cases they had in Romania. Peter provided me with some details and supporting photographs for a case involving “mysterious marks” on an individual that they were in contact with.

## The Case of Endre Jiger

Peter sent me the details of a gentleman named Endre Jiger. At this point in time, he was 40 years of age, married, and a Buddhist practitioner who had a number of unusual experiences that Peter thought may be UFO related. The witness related that a number of scars had appeared on his body some three years earlier. He had never been injured or been in an accident, yet he found three marks — one near his right shoulder just by his armpit, one on his lower abdomen to the right of his navel, and the third just above his left kneecap.

Endre went on to relate the following unusual episodes: When he was a child he was on holiday in a small



village. One night during this vacation, an extremely strong light shone through the normally light-impenetrable thick curtains of his bedroom window.

Endre was in bed at the time, and this bright light woke him up. He suspected that there may have been a fire nearby, but the light had now gone so he went back to sleep. It wasn't until many years later that this event began to puzzle him.

## A Series of Strange Events

In autumn 1991, Endre and his girlfriend were on the balcony on the top floor of a five-story building, and the time was around 11 p.m. As they looked up, they both observed just a few meters above them what appeared to be a human-like being but with bat-like wings — all of which were black. This creature was quickly flying away, with its wings flapping but making no noise at all. Endre and his girlfriend along with several others saw exactly the



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same thing from the same location some two weeks later.

The next event related by Endre happened in January 1992. He was awoken one night by a high-pitched, whistle-like voice, urgently giving instructions to someone to hurry up and complete their work. Endre said that the words were strange and he did not understand what was going on, but he somehow managed to comprehend and understand what was being said.

He wanted to sit up in bed but found himself completely paralyzed. A few seconds later, however, he managed to sit up and was able to see some kind of bright light penetrating his thick bedroom curtains.

The final event that happened to Endre was in autumn 1992 while he was walking home one night back to his apartment. Suddenly, he felt as though he was being followed. He stopped and looked around but saw no one. However, the feeling of being watched continued.

He then had the feeling that there was someone waiting for him some 10-15 meters ahead of him. He began to walk toward the point where he thought someone was waiting for him, but again he saw no one. Looking down, he saw the grass moving as if an invisible person was making footprints in it. This frightened Endre, who ran like

mad back to his apartment and did not look back to see if anyone or anything was following him.

### **UFO Encounters Aren't Always the Same**

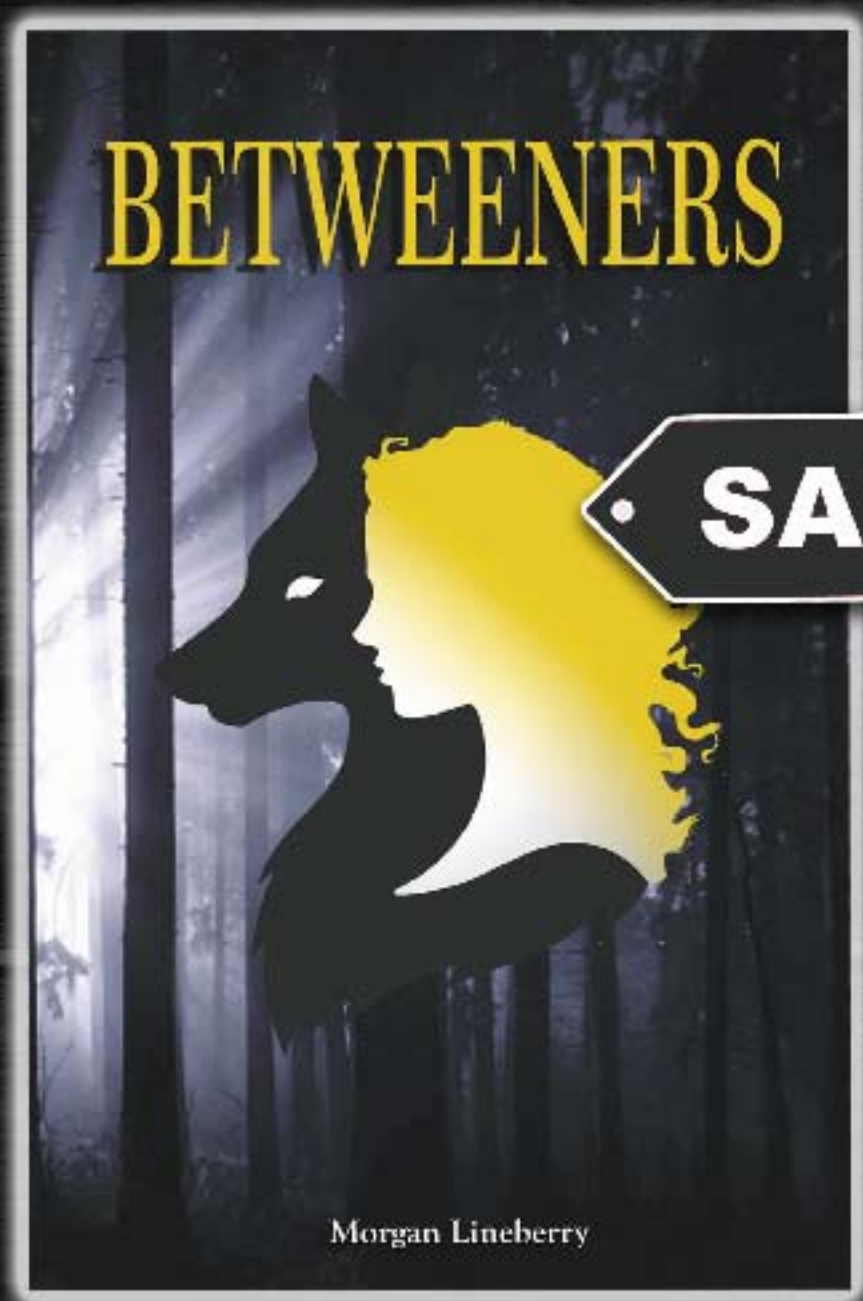
The Natura Foundation interviewed Endre at length and had no reason to disbelieve him. They were not sure how to label these experiences, and they could not find a rational explanation for the mysterious scars on his body.

What this exchange quickly taught me was that whatever lay behind what we call alien abductions, they were not reported exactly the same in different parts of the world. There was indeed a cultural connection to these accounts.

In his book *UFOs over Romania*, Dr. Dan Farcas clearly shows the cultural influence on such encounters. What we can say for sure is that such close encounter cases do take place around the world, and even those who have such encounters don't have any idea what lies behind them.

There is no doubt in my mind that in order to better understand such events, we must cooperate with our colleagues around the world. It is something I have done from my very first foray into ufology and I will continue to do so as long as I can. ♦

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# Arousing With Dowsing: Did Wollaton Park Fairies Come Out to Play?

BY DAN GREEN, PHENOMENA MAGAZINE

Wollaton Park is a 500-acre park in Nottingham, England, centered on Wollaton Hall, a classic Elizabethan prodigy house. It is additionally famous for the filming there of key scenes in the final movie of the *Batman* trilogy *The Dark Knight Rises* in 2011, the Hall being featured as Wayne Manor.

Wollaton Park is also, although not so widely known, for one other thing. People keep seeing fairies there, gnomes to be exact.

On Sept. 23, 1979, at about 8:15 PM during the autumnal equinox, several young children witnessed a number of gnome-like figures leaping over fallen logs in small cars (with no sound of engines) coming from out of the bushes in a swampy part south of the lake there. This is the sort of account you would expect children to have made up, but the story eventually made it onto national news in the U.K., owing to the fact that when interviewed separately, all of the children managed to remain consistent in their account in a situation where you would expect young fabricators to fall apart under the psychology of intense adult scrutiny.

The children had glimpsed the gnomes in the same place six weeks earlier. In summer 2021, I tried to locate any of these children, now adults, to see if they would still stick with their story or come clean about a hoax. An appeal in the local newspaper in Nottingham and local BBC Radio brought no result. Were they hiding away, or had they moved?

Another Wollaton Park account, chronicled in the excellent *Fairy Census* — an attempt to gather, scientifically, details of fairy sightings from the past century — detailed how another young witness had also seen a number of laughing gnomes driving around in little cars that seemed to hover above the ground, jumping over logs and fallen trees.





**Do fairies and gnomes live at Wollaton Hall and Wollaton Park? Witnesses over the years say yes.**

The cars made a buzzing, humming noise. He had been so scared that he hid up a tree. Yet another account from another witness mentions seeing a “small, shiny white humanoid creature about 18 inches tall about half a mile away from the Wollaton Park main gates at a dried-out canal.”

Interestingly, two years prior to the 1979 encounter, upon Studham Common in Berkshire, during a school lunch break, another group of children witnessed what they described as a “little blue man about three foot tall” in the low valley of Dell, a place surrounded with bushes and trees. Like the Wollaton affair, the children were taken seriously by their sympathetic schoolteacher.

Wollaton Park, however, has a history of fairy sightings, as collected in the book *Seeing Fairies* by Marjorie T. Johnson, who herself thought that there were an ancient tribe of gnomes in the park. In 1900, while passing by the gates at the park, a woman saw “little men, dressed like policemen standing just inside the lodge entrance, height between 2-3.” She also recalled fairies having been seen dancing around the lake.

As rationally thinking beings, what are we to make of all of this? Are so many individuals years apart and of different ages all simply lying, deluded, or somehow mistaken? In both Wollaton and Studham accounts involving children, there were multiple witnesses, which rules out an individual having a hallucination.

Is it, perhaps, a case of where gnome-like figures play on repeat similar to what is called “Stone Tape Theory,” a recording of an event playing out what the earth has recorded? Are the Wollaton gnomes showing us an event? It is well-chronicled that children see fairies and that fairy activity is tied to a spot or what might be considered their territory.

### **Dowsing: Investigating Fairy Reports**

My investigation inspired a member of an assembly of credible dowsers familiar with the area and also sympathetic to fairy attunement — therefore with a degree of psychic ability — to visit the area south of the lake where the 1979 encounter is thought to have taken place. Her conclusion:

“The gnomes are only allowed to play after dark as the ‘fae’ regard them as troublesome elementals and have confined them to inside a mound to the south of the lake during the day. They come out of hollows in the base of the trees and whizz down the slope in their little cars into the open area at the edge of the lake.”

Assisted by other members of the group upon a later visit, the consensus is that the whole area may have been a sacred landscape in ancient times. I wondered, imaginatively, if the place name Wollaton, as it is currently pronounced and enunciated, may have been an age-old corruption for HOLLOW-ton, bearing in mind the association with the fae appearing from hollows in trees, or





even, perhaps, HOLE-aton, a crude reference to a hole or portal through which the fae manifest.

The hall itself is built on a mound with a huge amount of pure water beneath, suggesting it may once have been a holy well. Even earlier dowzers have reported finding the energy signature of an old church under the eastern corner of the hall, with the suspicion that several megaliths may be buried underneath.

Does the belief system of a dowser combine with what is lurking in their subconscious and so largely dictate what they dowse? To dowse something, you have to first visualize it in your mind, so if you are trying to find water, you visualize an underground stream and walk along asking to be shown that until the rods react.

Ghost or UFO encounters are usually given more credibility, but when we speak of fairies, it is usually treated with absolute skepticism, disregard, and laughter, and yet researchers for some time now have shown that whatever phenomenon is at play here has slowly evolved over centuries from angels to fairies and, now, ufonauts and extraterrestrials, in that order. On many occasions, the encounters blur between fairy and UFO representation and are hard to distinguish, although small entities are a common denominator. However, and it was to my surprise, fairy sightings now seem to be on the ascension again, or at least more people are daring to report them.

## Do Our Minds Help Shape Our Paranormal Encounters?

It is beginning to look like whatever unknown and beyond-the-normal-senses phenomenon we are dealing with will present itself to an onlooker in the best way they might like to comprehend, expect, resonate, or be able to understand in appearance. Historically, fairy folklore was the originator of the shapeshifter capability of such otherworldly beings. Interestingly, and perhaps significantly here on a much deeper level than simply gnomes in cars, the Egyptian word *Ka* means *soul* or *spirit*.

I was intrigued by what is clearly an outrageous account of suddenly appearing gnomes driving what might be their own version of our cars. I know of no known record of fairy folk associated with such a means of transport. Were they mimicking what they had seen from our own society and presenting them for our benefit?

One of the child witnesses from 1979 said that the gnomes reminded him of Noddy, reminding me of the work of the inspirational, world's best-selling authoress Enid Blyton, who back in 1949 gave us this fictional character and whose best friend, Big Ears, is a gnome. Blyton often wrote about children being transported into magical worlds in which they met with fairies. And in 1923, she published a collection of 33 poems entitled *Real Fairies*.

One wonders, did the Wollaton children have Noddy

and Big Ears and his adventures lodged in their mind prior to their sighting? It is quite feasible that they will have come across his books as even younger children. Noddy drives a car, not unlike the ones described at Wollaton.

As I am aware of how often the unconscious mind surfaces in the world of art, literature, and even in all of us all of the time, I wondered if perhaps this had happened to Blyton and the source material for her fictional Noddy had been borrowed from an actual realm of fairy without her knowledge. Noddy even has a policeman friend, reminding me of the sighting of “small policemen” near the Park gates! All this then had me then musing about when a Victorian and often gnome-like Santa and his sleigh is also motorized.

As I accept that all things are connected, I often like to have fun trying to work out my own involvement in things. So, with Wollaton, I came up with the following ...

The late singer-songwriter and leading figure in the music industry David Bowie recorded a novelty song in 1967 called *The Laughing Gnome*. I met with Bowie in 1978. His record label up until 1983 happened to be RCA records — RCA easily being rearranged to read *car*.

One of David’s closest friends was the musician and singer Marc Bolan (whom I’ve also had dealings), whose fae influence was pervasive. In fact, he liked being known as “The Boppin’ Elf.” Marc died in a tragic car crash. He is best remembered for his band’s dinosaur titled T-Rex. When I visited Wollaton Park this summer, it was their opening week of displaying an extraordinary exhibition showcasing the first *Tyrannosaurus Rex* to be displayed in England for over a century!

Keeping within the music industry, one of the founding members of the British soul band Hot Chocolate was bass player Patrick Olive — the same name as one of the Wollaton children — and their record label was another simple anagram of *car*, this time RAK. Perhaps this had been my entanglement?

I also thought about what deeper circumstance than imagined had drawn the gothic *Batman* movie to be filmed at Wollaton Hall, and someone pointed out to me that there is an underground reservoir or well hewn out of sandstone under the Hall. There is no doubt that it at least resembles a Mithraeum, a sanctuary or temple of the god Mithras and the Mithraic mysteries.

Although it is always hard to distinguish fact from hearsay, it has been whispered that the infamous 18th century “Hell Fire Club,” exclusive for high-society rakes, met at Wollaton Hall.

### More Conclusions From a Dowsing Experiment

The dowser group told me that there are 10 to 12 ley lines that radiate out from a sundial behind the Hall, one



of them going along an avenue of trees to reach the slope where the gnomes came down, its energy flowing fast from the Hall and up onto the fairy mound. Perpendicular to this, is another that runs along the bottom of the mound. Where these two energies collide seems to announce where the “gnome” encounter occurred.

Research shows that on September 23, 1979, the autumn equinox was at 04:19, sunset at 19:02, dusk at 19:36, and a setting moon at 20:04 (two days after the New Moon); therefore, it would have been very dark. My dowser friends surmise as a possibility that combined effects of the equinox sunset, moonset, marsh gases, and fluctuating Earth energies may have caused an “energetic phenomenon” rationalized by the children with Blyton memories of Noddy, his car, and gnome accomplice.

The dowsers have also informed me that there is a huge amount of paranormal activity and detrimental energy associated with the Hall, purposely disrupted or manipulated. The Hall, apparently, and if so, curiously, has 365 windows and 52 doors. Perhaps it was more than a routine accident that while preparing for the filming of the *Dark Knight Rising* (once operating under the working title of *Magnus Rex*), a large tractor-trailer crashed into the main entrance of the Hall.

Had some of those troublesome elementals been playing out after all? ♦

# THE HAUNTED WARDROBE

By Christine Donnelly

In all my years of researching the paranormal, the following case stands out as one of the most interesting. In 2015, a friend of mine saw a story in a local newspaper about a haunted wardrobe.

It supposedly had the Devil's face carved on the front of it, and it was for sale in a local antique shop in Torbay, England. The shop owner had become terrified of it and wanted someone to come and find out what was haunting it.

My friend contacted her, and we went along to the shop to take a look at it. As soon as I met her, I could see that she was very anxious about the wardrobe being in the shop. She didn't even want to look at it or be close to it. She said that unexplainable things had started to happen since it was brought into the shop.

It was purchased from a house in the area. And before being placed in the shop, it had never caused its previous owner any problems. But since she had bought it, things had become very scary. Strange noises were heard, the door — even when locked with a key — would be found wide open again. Things were moved about, chairs were upended, and the area around the wardrobe felt icy cold.

The shop owner had asked a medium to come and take a look at it. This ended up with the medium walking straight out of the shop and not coming back. A person from the local church came and had a look at it. They said that it was evil and that it should be burned. None of this was helping, as the owner had paid £350 for the wardrobe and needed to sell it as quickly as possible.

As we walked down to the back of the shop, the doors on a nearby cabinet suddenly flew open and a brass plate shot out and landed on the floor. I asked the owner if that had happened before, and she said no. In fact, the brass plate on the floor had been in a box at the back of the shop waiting to be unpacked. She had no idea how it got into the cabinet.



**This stunning wardrobe, which sat in an antique/secondhand shop in Torbay, England, frightened shoppers, as well as the owner. During its time on display in the shop, objects were thrown about and the door would be found open, even when it had been locked with a key.**

We then walked to the back of the shop and there stood the wardrobe. It certainly looked menacing, almost as if watching our approach. The carving of the face looked more like Pan or Bacchus rather than the Devil, but I could understand how it could be mistaken. It gave it a sense of evil and foreboding.

I noticed my friend stood away from it; it was certainly scaring her. I opened the door, but nothing untoward happened, so I decided I would climb inside it and see if I could link into any energy. Both my friend and the shop owner begged me not to, worried I might get harmed by an evil energy.

I stepped inside the wardrobe anyway and stood very still. It was eerily dark and musty. Suddenly, I felt something icy cold touch my hand. It felt like a child's hand; it was there, and then it was gone.

There had been reports of the doors on the wardrobe resisting being closed, as though something was pushing from the inside. Could this be the spirit of a child trapped within?

What happened next was also strange. The lights in the shop began dimming of their own accord, making odd buzzing noises and then coming back on again. We were told that this stopped after we had left the shop.

It was a few days later when I received a frantic call from owner, who sounded very upset. She said that something had happened at the shop and could I come over and have a look. On arriving, I saw her and two other people stood on the pavement outside the shop, nervously huddled together. She was terrified, close to tears, and had refused to go back in.

What greeted me inside looked like typical poltergeist activity. The back of the shop was wrecked. Displays were smashed, chairs upended, and a crucifix had been smashed through the glass top of a display. This had stood at the front of the shop previously. There was string wrapped around everything, draped from a ceiling light fitting, wrapped about ornaments and around the glass mirror on a dressing table.

The wardrobe door was wide open, which was very odd, as there was only one key and I had taken it home with me previously at the owner's request. It was now in my pocket. A *Bible* that had been left as a "trigger object" had also been moved.

A couple of days later I returned to the shop with my friend, and we locked ourselves in for the night. We sat next to the wardrobe and waited. The door on the wardrobe remained closed. As the night wore on, I became aware of an energy in an area at the back of the shop, which I tried to "link" in with. It felt old and somehow connected to the shop. It was male, and I felt that it was a



**The owner asked me and my friend to investigate the wardrobe, and the results were stunning, including what happened when the investigation was over.**

very religious person. I felt that it did not like the wardrobe being in the shop.

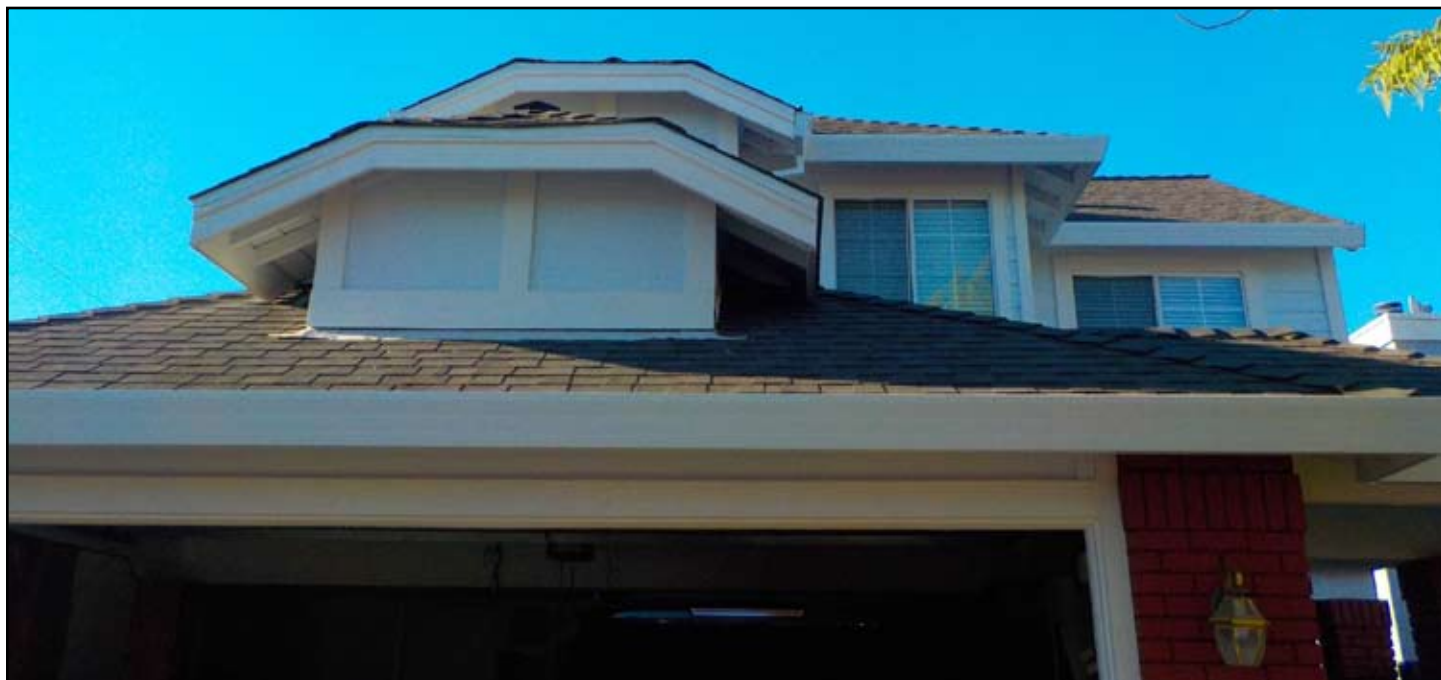
I asked the energy if it had caused the damage, and it gave affirmation that it did. It then dissipated, and there was no further contact.

This was a very interesting situation. A good versus evil conflict whereby an energy that, by all accounts, was very religious showed its anger toward what it perceived to be evil. The face of the Devil. Had the crucifix been thrown from the front of the shop perhaps in an effort to strike the wardrobe with it?

The damage inflicted on the shop appeared to be a show of powerful energy and anger directed at the wardrobe. It was not welcome there, and there would be no peace until it was gone.

The owner rang me some days later in very high spirits to say that a buyer had been found and that the wardrobe would be going. It was going to be displayed in the Museum of Weird along with two-headed calf's and other strange objects. ♦

# THE POWER LINE ENTITIES



BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATION

**H**PI investigated a home in Sacramento, California, that had violent paranormal activity. The investigation took place on August 6, and the homeowner, Ms. J had been severely attacked by a possible demon and was requesting an investigation and cleansing.

Her legs were scratched very badly. I was shown photos of the scratches, and they were quite severe. The entity was also reportedly giving her nightmares, and sometimes the entity would cause her to black out and leave claw marks on her body. She believes that the demon may have originated from her previous home.

## The Investigation

When the team arrived at the home, the first thing that Christian, our documentarian, noticed was that the home was right next to a power line. As any ghost hunter knows, entities

need energy. It's their food. So, Christian, Mike, and I went out to the middle of the street circle and obtained a very clear EVP. A full sentence, but the words are unintelligible. We also captured some EVPs inside the home. We obtained a clear EVP of the entity saying, "Yes," when holding up the digital recorder next to the attic. The entity was telling me that it was hiding in the attic by saying, "Yes."

Mike, Ava, and Kim followed me over to the side of the house, and we asked the entity to give us a sign. We then captured an EVP that sounded like a metal pipe tapping on metal. While we stood there, we did not hear that sound, but the sound was as clear as day on the recorder. One of the guests that was with Ms. J was in the kitchen, and she said that she was choked.

Mike felt something brushing up against him. And as I was walking around checking on my investigators, I

started feeling dizzy. At one point, as I was walking up the stairs, I felt like I was going to fall.

Ryan and Mike felt suffocated in one room where they were conducting a spirit-box session. Ryan received intelligent feedback while using his spirit box.

### The Reveal

I believe that Ms. J had an attachment and that was the cause of her severe scratches on her legs. The attachment may have followed her from her previous home and may have originated when Ms. J played with a Ouija board.

I also believe that the land her home is built on is haunted. There is a lot of history on this property that goes back to Sonoran-born explorer and Army officer Gabriel Moraga (1765-1823), who happened upon Elk Grove with his expedition party.

Elk Grove and lower Sacramento faced a cholera epidemic in 1849. If you drive around Elk Grove, you will see clumps of Eucalyptus trees, which were imported from Australia and used as wind shelter for passing caravans. Some people who became sick with cholera died on the grounds of Elk Grove.

It is very possible that the spirits of these dead people of yesteryear may still be haunting the land and that is why we were able to get such a clear EVP next to the power



**We had a full team for the investigation to help document any activity we encountered.**

line. Not only was Ms. J haunted, but the land may be very haunted.

### The Cleansing and Baptism

I conducted a Roman Catholic house blessing and gave Ms. J a full submersion baptism in her swimming pool. A full submersion baptism is a basic form of exorcism, and if you have an attachment, the attachment will leave your body immediately. I blessed the swimming pool with holy water. ♦



## HALO PARANORMAL INVESTIGATIONS

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# Collecting Monsters: The Scary Fixation on the Macabre

By Rainbow Radaelli

**Y**ears back, I remember a medicine man telling me, “It’s important not to collect the very things that scare you.” I looked at him strangely, because in my 21-year-old mind, I didn’t understand what he meant.

As the years passed with paranormal experiences abounding left and right, it finally occurred to me that, either by default or ignorance, I did in fact do a little collecting of my own. Of course, it was never intentional, but then, sometimes, the very thing that scares us becomes the one thing we hold on to.

This, in many ways, can be a psychological thriller, because if we really look inside the depths of our soul, there inside us lurks many unmentionables or those “who shall not be named” — also called fears. Do we really need real-life monsters when we already have so many of our own that are recognizable and so relatable? The question that lingers for me is: Why do we collect monsters in the first place?

When I Googled childhood phobias, it stated: “A childhood phobia is an exaggerated, intense fear ‘that is out of proportion to any real fear’ found in children. It is often characterized by a preoccupation with a particular object, class of objects, or situation that one fears.”

This makes sense, but how do we outgrow this problem? Do we outgrow this problem? I’m not saying that when we collect monsters, we do this solely from childhood phobias, but I often wonder if it’s a habitual way of dealing with horrific situations that themselves can become like monsters.

Emotions can be a roller coaster of highs and lows, but if you add in a situation where a person has no control and that doomed feeling swallows them up whole, this can start psychological traumas that block out the light of reason or efforts to heal. Sometimes, locking away those monsters collected through time can be easier than dealing with them, especially if we are the jailers and we can throw away the keys at whim.



Story photos by Pat Berrett

## Listen for Us

Sometimes when I lay awake at night huddled under the covers, I listen for those familiar noises — like I used to when I was a child. Combine the humming, scratching, or footsteps moving at the edge of my bed, and they all crescendo together, leading to my heart skipping a beat or two.

It’s not just the silence of something that is always the scariest to experience; it’s that foreboding feeling of time ticking away, waiting for a particular noise to start up. But



not just any noise, a noise that precedes the rational mind because it's different and distinctly unnatural.

I'll hear a noise, my cat's head will lift up, and then silence again. This goes on until I fall asleep. Interestingly enough, it didn't occur to me until just recently that this is my nightly ritual. I learned this behavior so well when I was a child, because I remember the small grey aliens telling me to listen for them when they would come and get me.

Consequently, to this day ... I still listen for them. So, as you can see, monsters aren't always obvious to the naked eye. Sharp teeth, sunken eyes, or a gnarly sneer can cause sheer panic, but just as scary are the habits and habitual reenactments of past events done over and over again. Perhaps this is one of the reasons for residual hauntings.

An experience, even the most terrifying kind, can be placed separately from any said monster. But, I say, the experience itself is a monster.

### **Collecting Memories**

Memories can get stuck on repeat, almost like watching a favorite movie or TV sitcom over and over again. What is it we want to keep looking at? The *Men in Black* movies became something of a nostalgic idiosyncrasy for

me because I "knew" them, yet I was looking at a very different version of them or someone vaguely familiar.

I collected the series not only because they resonated with me, but because in the back of my mind I knew I had legit memories — different, yes, but actual memories nonetheless.

Little epiphanies have been popping up in my head these past few years, and I realized that I can relate to so many paranormal topics, experiences, and stories, because in some odd way, I have collected each paranormal oddity that has come my way. I think this has to do with the human nature in us all to collect and accumulate everything that we can in life.

In a strange and weird way, I realized that I also collect monsters, because they have been a part of my life for most of my life. This got me to thinking: What's the difference between those infamous tales, the dark underbelly of the paranormal versus monsters that are considered the real thing?

### **Do You See What I See?**

The mind is a wondrous and strange thing that can open up to the mysteries of the Universe. And once open,





does it ever really close? How does a child who sees a ghost standing before them see something that no one else can see?

I had this happen to me as a child, and I always wondered how could what I saw be any less real than my parents who stood before me? That's the crazy part about these phenomena, because if they are real, why do they appear to certain people and not others? What is it about a child's mind that makes them so much more susceptible to the paranormal?

Charles Fernyhough, a psychologist at Durham University, told *The Washington Post*, "Not too long ago, imaginary friends were considered a precursor to mental illness; now we know they're a positive sign of healthy child development," he said. "Now adults come to me concerned if their kid doesn't have one."

If we look at this culturally, children are raised in so many different ways, so who's to say what is normal or not. As people mature, they keep sacred traditions, such as honoring the dead during the "Day of the Dead," but also superstitions — those traditions of sacrament and ceremony that become imprinted on the psyche and emblazoned on the soul.

Superstitions counter the taboo of the paranormal in more ways than one. You're kind of keeping the monsters at bay just by believing in them. There are no witty ripostes when the monsters of superstition come knocking at your door. If you know they are there, you can decide to answer the door or not.

### Friend or Foe

The crazy part about this whole topic of monsters is the fact that while one person will see a monster, another will see a friend. Not everyone sees and experiences the paranormal the same. Certain cryptids, such as Sasquatch and Dogman, are friends to me, but there are many

experiences and stories that have been told to me where someone depicts them as scary monsters ready to devour them or tear them limb from limb.

I, on the other hand, would rather meet a cryptid in the forest any day of the week rather than a skinwalker. Skinwalkers are the definite monsters of my past, and I am very weary of them to this day.

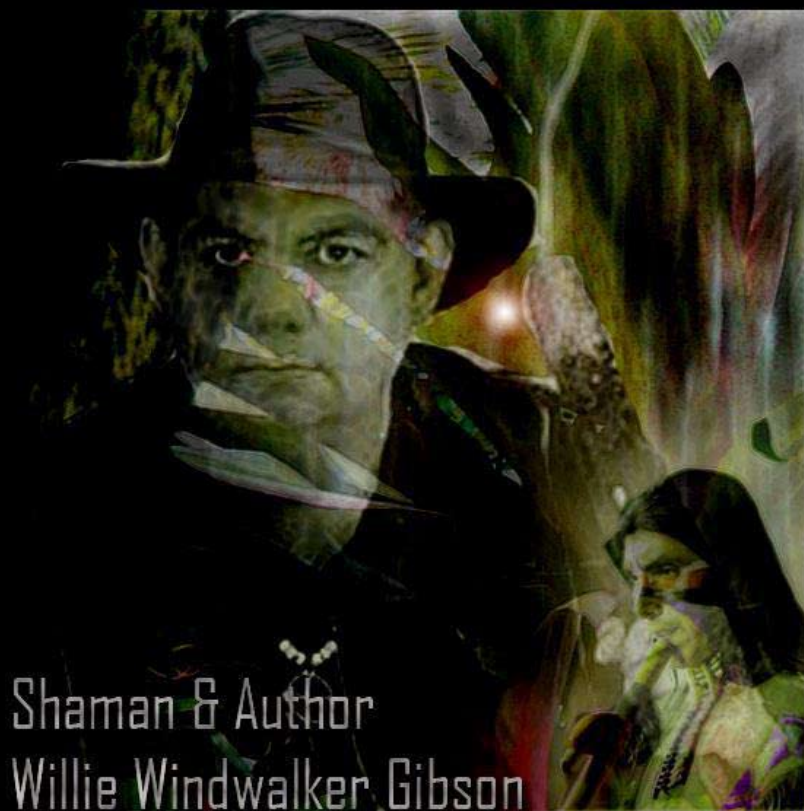
I walk my path understanding that sometimes I will cross something I either have to stand up to or walk around. I have learned to choose my battles wisely as I have matured, which means that I don't have to fight every monster that comes my way.

### The Monster Within

Not every monster we encounter is outside ourselves. Hairy beasts, creepy Rakes, the insidious Slender Man, or the predatory skinwalkers are scary enough, but the very monster within each of us can be something more terrifying because, in the end, we must face ourselves.

It's the battle of wills, that of the dark and light of our making, which can be the scariest of all. It's the emotional toil of belonging, fitting in, and being accepted for who we are that can create a personality that splinters away from itself. The icy waters of alienation can become a bottomless ocean of despair. The monster within us can make us forget who we are and where we come from. Sometimes the monster doesn't come knocking, because it's already home.

As I look and see how many monsters I have collected, it's become clear that at least I know who they are. In recognizing how they came to be, I can understand better why they are still with me. As for the monster that is in me, I keep her at bay. I don't lock her up, I just stand my ground with her because, in the end, I remember who I am and where I come from. I don't collect what scares me. I set it free. ♦



Shaman & Author  
Willie Windwalker Gibson

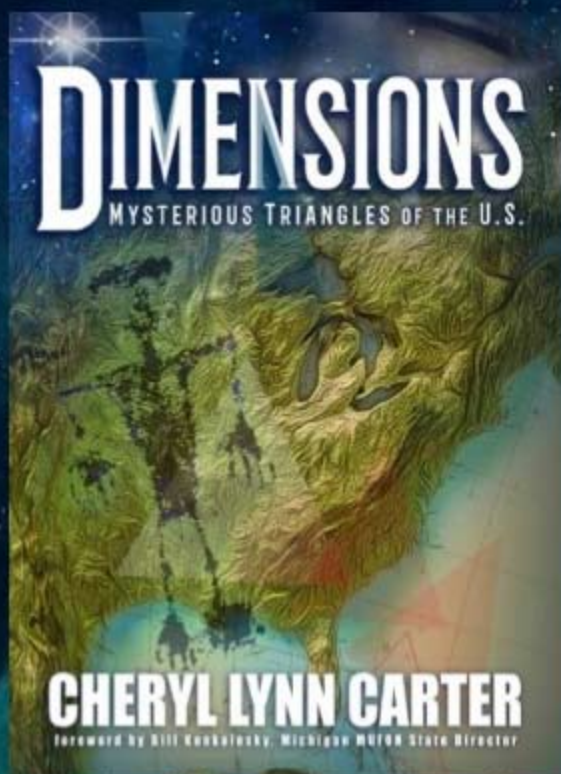
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OFFERS READINGS VIA  
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EMAIL FOR MORE  
INFORMATION:

CRYSTALCHIEF55@AOL.COM

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# The Michigan Swamp Gas Case of 1966

By Cheryl Lynn Carter



March 14, 1966 was a peaceful morning ... until 4 a.m., when Washtenaw County, Michigan, Deputies Buford Bushroe and J. Foster observed a line of four objects with red and green flashing lights in the sky.

They continued to watch for an hour as the objects moved at a great speed doing maneuvers that a plane was not capable of doing. The lights would shoot upward at a tremendous speed, hover, and then come back down just as fast. In addition, they reported seeing four identical objects at 4:20 a.m. and two more at 4:54 a.m.

Dispatch began receiving calls from numerous people reporting strange high-speed lights in the sky. Selfridge Air National Guard Base in Mount Clemens,

Michigan, confirmed observing strange anomalies during the same time period.

## More Strange Lights Are Spotted

On March 17 at 4:25 a.m., Sergeant Nuel Schneider and Deputy David Fitzpatrick viewed a top-shaped craft in the sky. They watched as the lights dimmed, brightened, and slowly disappeared. At 10:30 a.m. the same day, 17 college students at Hillsdale College observed a strange craft with red, orange, and white lights that came from the northeast and disappeared to the south.

On March 20, Frank Mannor of Dexter, Michigan, was walking his dog before dinner when he observed a domed, oval object with lights in the center of the sky.



**American astronomer, professor, and UFO investigator J. Allen Hynek originally said there was something very strange about the lights, before quickly changing his tune after reportedly being coerced by the U.S. government.**

After dinner, he heard the dog barking outside, and he and his son Ron went out to investigate. They saw a strange light above them, and it suddenly began to descend. But instead of landing, it remained motionless, hovering over the treetops in the woods near the swamp-land. They notified the police, and Deputies Stanley McFadden and David Fitzpatrick came out to investigate.

Before they arrived, Frank and his son walked closer to the lights, when suddenly a strange craft about the size of an automobile appeared out of nowhere right in front of them. The entire area lit up as if somebody had shown a giant spotlight on them.

A strange mist emerged from the bottom of the craft, which changed in color from green to red to white. Then it vanished, only to reappear a few moments later across the swamp 1,500 feet away. This occurred several more times, before the object suddenly ascended straight upward and flew into the sky over the deputies who had just arrived.

### **Dr. Hynek Is Called in to Investigate**

Because of all the widespread and credible sightings reported by numerous people, police, and the Air Force

Base, the late Michigan Congressman Weston Vivian requested that the U.S. Air Force should dispatch an investigator from Project Blue Book to assess the situation. Dr. J. Allen Hynek, an astronomer, professor from Northwestern University, and an Air Force consultant, was sent to investigate the sightings.

Dr. Hynek proceeded to the Mannor property and spent a total of 2 hours and 45 minutes investigating before concluding his investigation. He drove to the county sheriff station, where he met with Sheriff Douglas Harvey. Engaging in conversation with the sheriff, Hynek told him that he concluded there was something very strange by the farm and it definitely warranted further investigation.

Before he could get too in depth into his findings, he received a phone call that lasted quite a long time. When he returned, his demeanor was different and he changed his story, informing the sheriff that the many sightings were merely the moon and stars. What the men had seen at the farm was something called "swamp gas."

On March 25, during a press conference, he also told reporters that the sightings were simply mistaken

***A strange mist  
emerged from the  
bottom of the craft.***

# Hillsdale Residents Probe Area Skies In Search Of UFO Traffic



## Reports Indicate 'Objects' Returned

The question of whether there are objects under control of intelligent beings from other planets coming to earth has been a source of conjecture and bewilderment to scientists and laymen for years.

But there are people in the area who are no longer questioning if such objects exist. They are convinced. They say they have seen them.

## Local Experts Discuss Sight

In an effort to find out what scientists think about unidentified

Mrs. Jason Merrill, 263 Union St., her 12-year-old daughter, Susan and Mrs. Jimmie Jones, 276 Union St. are among the believers, and they support their belief with a de-

**The Michigan swamp gas case of 1966 took place over the course of a week in March of that year. By April, all investigations of the various incidents had ceased.**

observations of the moon, stars, and planets. What was observed in Dexter was merely swamp gas.

Not satisfied with the findings of the investigation, then-Congressman Gerald Ford called for a congressional investigation. He remarked, "In the firm belief that the American public deserves a better explanation than thus far given by the Air Force, I strongly recommend there be a committee investigation of the UFO phenomena. I think we owe it to our people to establish credibility regarding UFOs and produce the greatest possible enlightenment of the subject."

## What Is Swamp Gas?

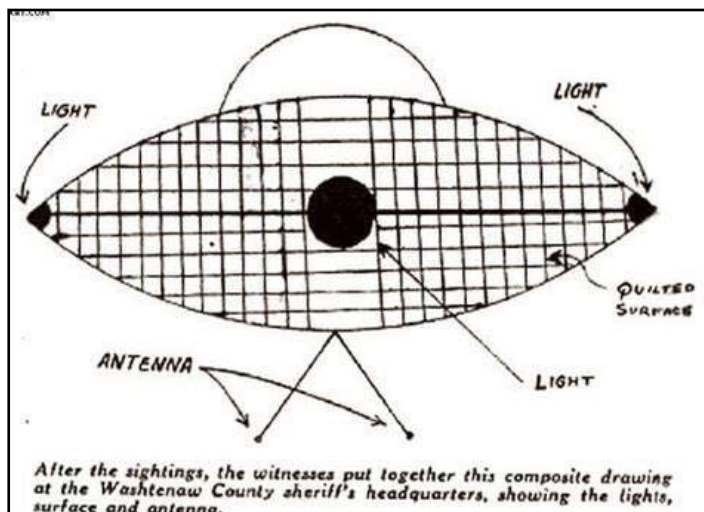
Swamp gas ... what exactly is it? A swamp is a place of rotting vegetation and decomposition. Gases are produced from the microbial breakdown. The gases ignite tiny flames or lights that are sometimes seen on the ground or appear to be rising or floating above it. The flames, which can be yellow, red, or blue green, may give off the illusion of motion.

Dale Goudie, director of Puget Sound Aerial Phenomena Research and Information, for the UFO Information Service in Seattle, Washington, shared the findings of a scientific analysis of the soil, water, and animal life from the landing site.

It was revealed that the soil had a slightly above normal content of radiation and high amount of boron, which is found in meteoroids. Microscopic organisms in the water were dead.

Ufologists maintain the findings of the testing substantiate the presence of extraterrestrials. Moreover, because of the high winds that evening, it would not be plausible to suggest that swamp gases could have formed a mass and remained in one position for any length of time.

By April 1966, all research of the event had ceased, but the term swamp gas will always be synonymous with Michigan. ♦



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# Sacred Places: Mount Shasta, California

By Karen Frazier, AuthorKarenFrazier.com

**M**ount Shasta is believed to be a healing vortex, and I can definitely attest to its healing and restorative powers. The town is filled with light workers — psychics, energy healers, astrologers, and others.

And although I haven't seen any, I've also heard it's a great place for UFO spotters. Legend holds that the mountain is also home to multiple highly evolved beings that live inside of the mountains and the nearby Black Butte and Castle Crags.

We like to stay in the small town of Mount Shasta at the Shasta MountInn, which is a small B&B that's the perfect peaceful location. One special feature of the Shasta MountInn is its Vogel crystal healing bed. It provides a powerful healing experience and combines light and color therapy, Vogel crystals, sound, and vibration.

I also really love that the tiny town has eight or nine metaphysical and crystal shops, as well as some of the purest water in the country. You can even visit the headwaters of the Sacramento River while you're in town and gather some spring-fed, pure water that has filtered for seven years through the mountain before it forms the Sacramento River.

The waters are said to be healing, and many people gather the water for drinking when they visit. The headwaters are also said to be an energy vortex where one can encounter angelic beings and gain sacred understandings.

Another healing place in the area is Burney Falls, which is located about a 50-minute drive from the city of Mount Shasta in McArthur-Burney Falls Memorial State Park. Theodore Roosevelt called Burney Falls "the eighth wonder of the world," and the local Ilmawi believed it was a power spot and used it as a place for meditation and vision. The falls are fed by an underground



**Mount Shasta, California, is home to some amazing spiritual energy, including mystical waters, angelic beings, and beautiful crystal shops.**

aquifer, and they are also believed to be the home to a water sprite called Undine, who is seen emerging from the mists of the falls.

It's a quick one-third-mile hike from the upper falls down to the base of the falls on mostly paved switchback trail, and it's well worth the short walk.

While in the area, you can also take a short 10-minute drive down I-5 South to see Castle Crags, a 225-million-year-old 6,500-foot-tall rock formation. Legend suggests Castle Crags is the remains of the ancient civilization Lemuria and the remains of the lost continent of Mu.

Stay tuned for more articles on "sacred places!" ♦

Rick Hale

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# 3 WAYS GRATITUDE CAN CHANGE YOUR LIFE

*By Dr. Athena Perrakis, Sage Goddess*



**W**e find ourselves again approaching the holiday season, with its many joys and challenges. The beauty and nostalgia are undeniable, but it can also bring financial burdens, interpersonal conflict, and feelings of loneliness.

This time of year can make us feel like we're falling short of an ideal where our families are perfect, our health is glowing, and our social calendar is bursting with invitations. It's a lot of pressure!

I wanted to take things in a different direction here and give you something to work with that will not only ease some stress, but also help you feel good. In my classes, we focus on the juiciness that is *gratitude*. It's not just for the holiday season or inspirational memes on Instagram. Making the practice of gratitude part of your life can create lasting changes that rewire your brain and open your heart to more love, connection, and personal wellness.

In this article, I'll share three ways gratitude can change your life.

## **1) Improved Health and Wellness**

Gratitude is a growing area of study in medical research. Many of these studies show that the practice of gratitude stimulates two important regions of our brains — the hypothalamus, which regulates stress, and the ventral tegmental area, which is heavily involved in the brain's "reward" system that produces pleasurable feelings.

So, gratitude is not just an attitude, but behavior that results in chemical changes in your brain, which in turn color your outlook about yourself and the world around you. Much of this research shows that people who practice gratitude experience fewer aches and pains and report that they generally feel good. They are also more likely to attend regular checkups and change their diet and fitness habits to support their overall wellness.

## **2) New Friendships**

Showing appreciation daily not only supports emotional and physical wellness, but can also attract new

friendships and other connections. Saying “thank you” when someone holds the door open for you, showing recognition to a coworker who helps you complete a task, or being kind to waitstaff at a restaurant is noticed by others, who are more likely to want to get to know you better.

How many of us prefer the company of a warm and kind person to one who is complaining and inconsiderate?

Gratitude also increases our empathy “muscles,” helping us to be more aware of and sensitive to the perspectives of others when conflict arises and apt to seek peaceful resolution instead of retaliation. All this makes you the kind of person that others want to be around!

### 3) Finding Joy in the Present Moment

It may seem strange, but sometimes happiness scares us. That new relationship that’s so blissful, that fabulous raise or lofty promotion at work, the continued health and success of our growing family — underneath our feelings of joy and thankfulness can often lurk a sharp pang of fear. We wonder how long the good times will last or “when the other shoe will drop.”

We can develop a mental preparation habit for disaster that, over time, dulls our capacity for joy and keeps us anxious, stressed, and emotionally walled up. Research professor Brené Brown states, “When we lose our tolerance for vulnerability, joy becomes foreboding.”

Gratitude can combat this tendency by actively engaging you in joy and appreciation in the moment you’re experiencing it. Gratitude keeps you from drifting into past regrets or future worries by grounding you in the present with awareness and appreciation. The more you choose to look for things to be thankful for, the more you will find to appreciate.

Gratitude is an action, a skill, and a lifelong practice. The more effort you put into it, the better you’ll get at it and the easier and more enjoyable it will become!

### My Favorites for Gratitude

**Chakra: Heart.** The Heart Chakra, *Anahata* in Sanskrit, sits right over your physical heart and is the center of your body’s energy. It regulates all of your energy flow.

Love for yourself and others arises from this chakra, along with compassion and affection. Love’s vibration is magical — it can heal the body, the planet, and the entire Universe. Heartfelt gratitude is linked with this energy center, and the reciprocity of giving and receiving keeps it balanced.

**Tarot: The Empress.** The Empress is lush, fertile, and full-figured — the perfect embodiment of Earth’s greatest gifts. She personifies Demeter, the Earth Mother, and Venus, the goddess of love and beauty.



In her highest expression, The Empress is abundance — from the flowers in her hair to the baby growing in her womb. She is sensual, nurturing, and just as comfortable receiving as giving.

When The Empress shows up, it’s a message to embrace life and make something with it. Birth and growth are her gifts that manifest physically, emotionally, and in all forms of creativity.

**Spirit Animal: Buffalo.** Buffalo is a symbol of the abundant gifts of the Earth and our capacity to receive and enjoy our many blessings. Buffalo is powerful animal medicine — grounded and practical yet highly spiritual.

It helps reveal the sacred path you must walk, looking to Spirit for guidance and honoring every aspect of your existence with gratitude. This majestic creature also reminds you to stay connected to Earth and all her gifts. Buffalo is an earthbound spirit that channels the elements and relies on nature’s resources to survive.

Traditionally, buffalo was a primary source of food, clothing, bedding, and much more. Every part of the animal was used and spiritually honored as a symbol of sacred life.

**Gems:** Blue calcite, dendritic agate, kunzite, moonstone, ocean jasper, and pink sapphire.

**Herbs/Oils:** Bergamot, cherry blossom, clove, frankincense, ginger, myrrh, sweet orange, and tobacco.

In closing, making the practice of gratitude a daily habit increases its ease and enjoyment and creates lasting change that opens you to more goodness in all areas of your life. As Eckhart Tolle says, “Acknowledging the good that you already have in your life is the foundation of all abundance.” ♦

# THE HOLIDAY 'SPIRIT'

By Willie Windwalker Gibson

While many people believe Halloween is the strongest time for spirits to roam around. But it's actually not.

The Thanksgiving and Christmas holidays are. Families tend to be together more often on these holidays, which draws in more visitations by departed relatives. Case in point ...

My mom loved Thanksgiving. She loved getting Thanksgiving dinner ready and topping it off with banana pudding — a tradition for us kids.

In September 2006, Mom was placed on a ventilator because her lungs grew weak. She spent Thanksgiving in the hospital, missing the family dinner. On December 21, she died.

As we sat in the funeral home looking at mom in her casket, we started to smell Turkey cooking. We knew that the funeral director lived upstairs, so I asked him was he baking a turkey. He smiled and said no.

It was then that I knew mom was there and the smell was her saying, "I'm here!" I knew then she was going to be around for Christmas since she missed Thanksgiving with us. That was not the only visitation we had on a holiday.

In October 1984, my father died a few days before Halloween. My father loved it when we got dressed up for trick or treating and would love to sit on the floor and separate the candy with us. We would let him have the big candy bars — he loved Milky Way bars. We would always get a few of those from the lady next door.

Halloween night of 1984 wasn't different. When my nieces and nephews came in and started separating their candy, the big candy bars were set aside for Grandpa and left in a pile on the floor for him — just like leaving cookies for Santa.

The kids would eat there fill and go to bed. Then the next day, the kids would get up and check the candy. We



all could see that the candy was shifted, as if someone was looking through it. I knew that my dad had done that to show he was around.

Many people have told me similar stories of seeing their loved ones around the holidays. Spirits of our loved ones are always around. They come and go and are definitely not bound here in this plane. They choose to visit.

Just know they still love us and want to be with us on special occasions. ♦

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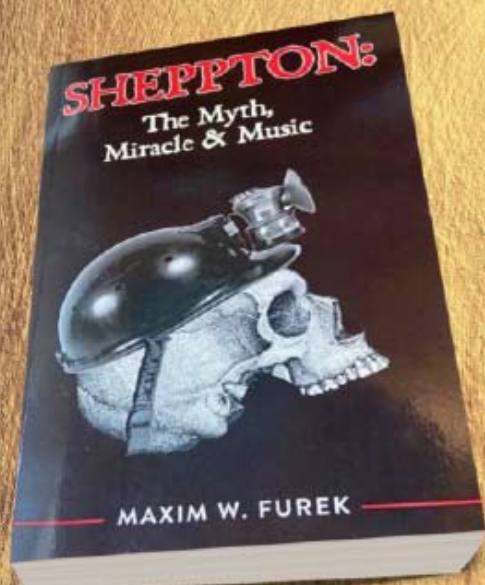
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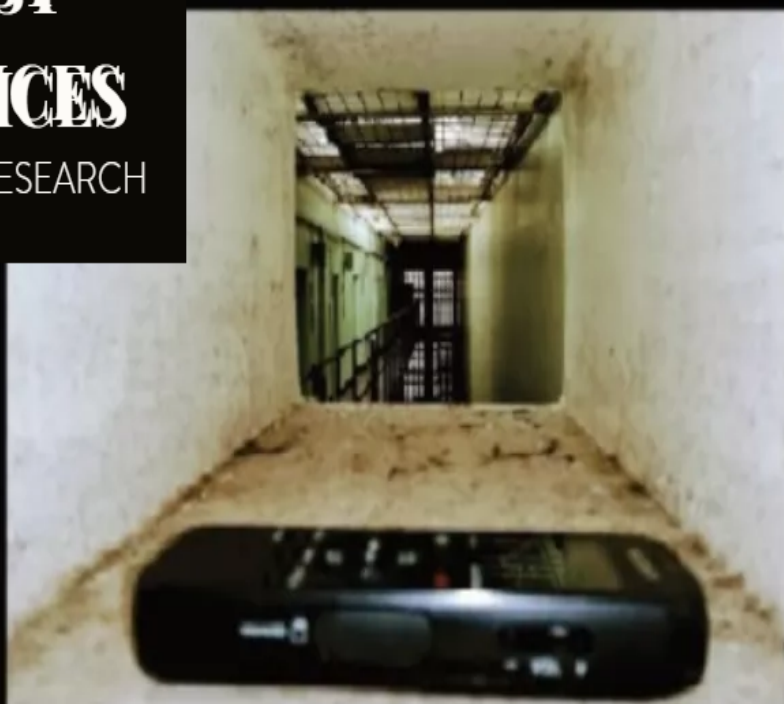
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